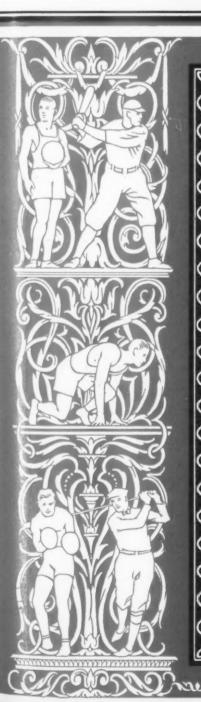
The ATHLETIC OURNAL



APRIL, 1927 RELAY NUMBER

Relay Meets Have Become the Blue Ribbon Track Events

The Programs of the 1927 Meets

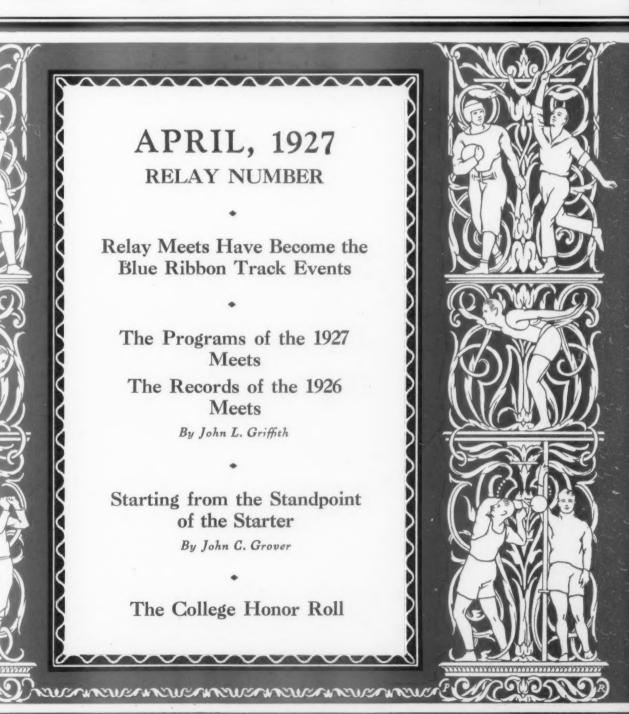
The Records of the 1926 Meets

By John L. Griffith

Starting from the Standpoint of the Starter

By John C. Grover

The College Honor Roll

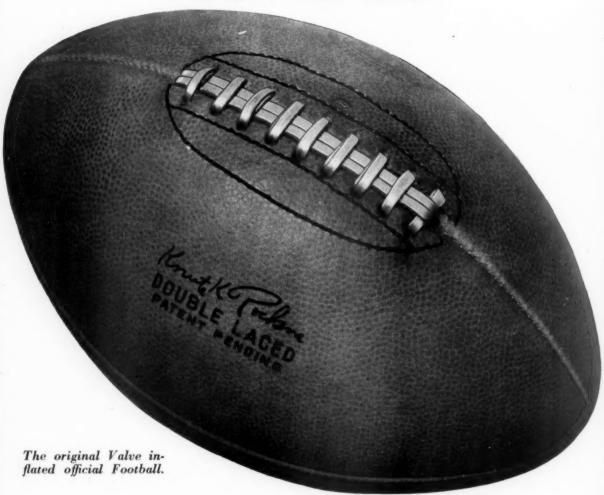


THE ATHLETIC JOURNAL

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Wilson-Western Sporting Goods Co.

NEW YORK

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Summer-Coaching Schools

LIST of many of the most important coaching schools which will be conducted this summer will be found in the advertising columns of this issue and of succeeding numbers of the JOURNAL. It is gratifying to note the steady growth of these schools and the increasing attendance figures given out by the different universities that conduct courses of athletic coaching. It has been repeatedly suggested that the greatest handicap in the way of developing athletics in the schools and colleges is the lack of a trained personnel. The coaching schools are rapidly correcting this situation. As a result, the coaches today are far better trained and equipped than were the men who attempted to administer athletics a few years ago. This means a general improvement all along the line. Every coach, who possibly can afford to do so, should attend one of the coaching schools this summer.

The Growth of the ATHLETIC JOURNAL

OT in a spirit of boasting but with a feeling of satisfaction, the JOURNAL is able to announce that its circulation department shows more subscribers by several hundred at this time than were ever before listed at the same period of the year. This is gratifying because the JOURNAL has never conducted subscription campaigns or employed high pressure sales methods. It does not offer premium inducements and consequently its growth has been along conservative lines. These figures are gratifying because they indicate that the coaches have found that there was need for a professional magazine of the character of the ATHLETIC JOURNAL, and thus they have renewed their subscriptions from year to year and have also told new coaches about this magazine.

The JOURNAL office is daily asked to supply information which has appeared in former issues of the publication. Sometimes this information is sought by men who have subscribed for the JOURNAL but have not preserved their back copies. This leads to the suggestion that nearly every subscriber will at some time or other have occasion to look up material which has previously appeared in the magazine and consequently he will find it to his advantage to save his back copies.

The June Journal

RECENTLY it was announced that the June issue would be in the nature of a news review. The Journal readers were requested to send in news items relating to new buildings, equipment, methods of administering athletics, the solution of local problems and matters concerning the year in athletics as viewed by the individual coach and his plans for next year. Many subscribers have already sent in material of this sort and consequently it is possible to announce that the June Journal will be of special interest to the men engaged in athletic coaching. Those who have not already sent in information regarding their work are requested to do so.

THATHLETIC JOURNAL

VOL. VII

APRIL, 1927

No. 8

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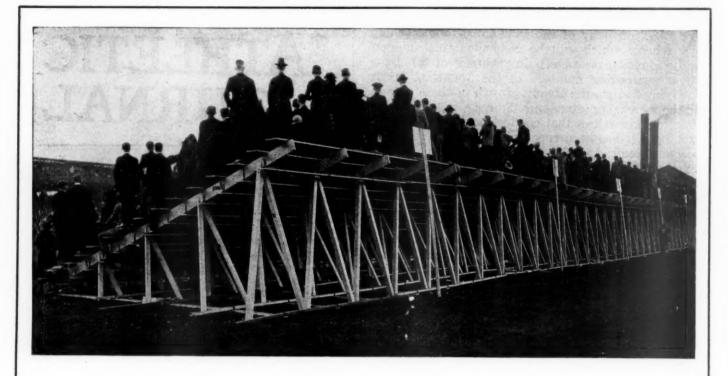
By Frederick Rand Rogers

Request for change of address must reach us thirty days before the date of issue with which it is to take effect. Duplicate copies cannot be sent to replace those undelivered through failure to send advance notice.

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Throughout the year—get larger crowds to all your games and meets

Naturally, people want to sit down to watch your sports—just as they do at any other entertainment.

There may be other games nearby, as good as yours—but the people will come where the best seats can be had.

Circle A Bleachers have been the means of bringing larger crowds to many games and meets throughout the country.

Circle A Bleachers are staunch and rigid. They are made of selected Southern Pine and Douglas Fir, and reinforced with steel angle bars. Circle A Bleachers will hold four times the weight of a full capacity crowd. The wildest bunch of fans cannot sway these bleachers!

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Let us show you how we can bring larger crowds to your games, crowds more faithful all through the season. Send for our folder today—it may mean a lot to you, and your team.



550 South 25th Street

Newcastle, Indiana

MATHLETIC JOURNAL

Nation-Wide Amateur Athletics

Volume VII

CHICAGO, ILLINOIS

Number 8

Relay Meets Have Become the Blue Ribbon Track Events

By John L. Griffith

THE outdoor track season which officially starts the last part of March or

the first of April is made interesting by the sectional relay meets which are being held quite generally throughout the United States. The season will officially close with the great state and national interscholas-

tic meets and in the colleges the conference and National Collegiate Athletic Association meets. Thus the track year begins with the relay meets, which have suddenly become popular throughout the country, and ends with the tournaments which settle the national championships in track and field.

The relay meet idea originated in 1895 at Pennsylvania University. The Penn Relays since that time have grown to be the outstanding track and field event in this country although other meets which have been started at later times are begin-

ning to rival these ancient games in records, attendance and importance.

Track and field athletics have never attracted the public attention that is now given school and college football and basketball. The relay meets, however, are proving of greater interest each year to the nation and consequently have done a great deal toward elevating track to a proud position in the sports world. There is one feature about the relay meets which is especially noteworthy and commendable. In these games not only are the individual stars given

The track season will be ushered in by the relay meets throughout the United States

every opportunity to compete for championship honors but also a vast army of competitors contend on the same track the same day and the same time. For instance, last year three thousand individuals competed in the States sider that a hard fought closely contested relay race is the most interest in g and exciting event in the entire collegiate athletic

program.

In attempting to make the relay meets "bigger and better" than ever each year, local managements have all tried to cater to the crowds by ad-

> vertising extra features. These features have usually consisted of races in which ex-college men have competed. As a rule these have not been found satisfactory and frequently the exhibitions of the graduate students are not so appealing as the hard fought races of the undergraduates and in many cases not so fast. After all the relay meets are primarily for the high school, college and university athletes and it is in these that the chief interest of the public lies. If the public is led each year to look forward to the contests between under-

graduates it will not be disappointed, but if men and women are attracted to the relay meets by a bally-hoo sent out for the events featuring men who had their chance in college and who have passed on, they may sometimes be disappointed and thus the meets in question suffer. One of the interesting things about the relay meets each year is that they bring out a new group of stars and the constantly changing records bear witness to the fact that the new men coming on are not inferior to those who raced in record breaking time years ago.

Relay Carnivals of 1927

Illinois Indoor Carnival, February 26, 1927
Texas Relays, Austin, March 25, 1927
Rice Relays, Houston, March 26, 1927
Southern Relays, Atlanta, April 9, 1927
Ohio Relays, Columbus, April 23, 1927
Kansas Relays, Lawrence, April 23, 1927
Pennsylvania Relays, Philadelphia, April 29-30, 1927
Drake Relays, Des Moines, April 29-30, 1927
Dakota Relays, Sioux Falls, April 23, 1927

events at the Penn Relays. Thus the relay meets make possible interscholastic and intercollegiate athletic competition for very large numbers.

The track coaches have recognized the fact that since the relay meets come early in the season they provide a stimulus for early training and conditioning and this means improved track and field performances later in the year. The man who does not become enthusiastic over the field events enjoys the keen competition that is usually in evidence in the team relay races. The fact is that many con-

The schools and colleges having come through the most successful seasons in football and basketball in the history of the sports may now turn eagerly to the relay meets with every expectation that the races will be just as hard

fought as before, that the athletes will have trained just as hard as their predecessors and that many new records will be established. A man who has never seen a great college relay meet "ain't seen nothin' yet."

The Program of the Pennsylvania Relays, April 29-30, 1927

CHAMPIONSHIP RELAYS Friday, April 29

Sprint Medley College Relay Championship of America. Thomas S. Gates Challenge Cup. (First man will run 440 yards; second and third each 220 yards; fourth, 880 yards.)

Distance Medley College Relay Championship of Americe. Robert C. Hill Challenge Cup. (First man will run 440 yards; second, 880 yards; third, threequarters of a mile; fourth, one mile.)

Quarter-Mile College Relay Championship of America. Phi Kappa Psi Challenge Cup. (Each man will run 110 yards.)

Interscholastic Medley Relay Championships of America for both High and Preparatory Schools. Theta Chi Challenge Cup. (First man will run 880 yards; second, 440 yards; third, 220 yards; fourth, one

Interscholastic Quarter-Mile Relay Championship of America for both High and Preparatory Schools. Alpha Tau Omega Challenge Cup. (Each man will run 110 yards.)

Saturday, April 30 Half-Mile College Relay Championship of America. Mask-and-Wig Challenge Cup.

One-Mile College Relay Championship of America. Mike Murphy Challenge Cup.

Two-Mile College Relay Championship of America.
Meadowbrook and William N. Wallace Challenge

Four-Mile College Relay Championship of America. Sydney E. Hutchinson Challenge Cup. 480-Yard Shuttle Hurdle College Relay Championship of America. Phi Epsilon Pi Challenge Cup. (Each

man will run 120 yards over high hurdles.) One-Mile Freshman College Relay Championship of America.

One-Mile Preparatory School Relay Championship of America. Alpha Sigma Phi Challenge Cup.

One-Mile High School Relay Championship of America. Lambda Chi Alpha Challenge Cup.

Interscholastic Two-Mile Relay Championship of America for both Preparatory and High Schools. Alpha Chapter, Phi Kappa Sigma Challenge Cup.

The Decathlon (ten events) will begin Friday morning with the first five events and be completed in the after-It will determine the Intercollegiate Decathlon Championship of America and the winner will receive the Henry Laussat Geyelin Cup. The Decathlon rules will be found in the Amateur Athletic Union Rule Book. The following is the order of events:

100 metres flat Running broad jump Putting the weight (16 lbs.) Running high jump 400 metres flat

Hurdle race (110 metres) Throwing the discus Pole vault Throwing the javelin 1,500 metres flat

SPECIAL EVENTS

In addition to the relay races, there will also be the following special scratch events:

100 yard dash Running high jump Running broad jump Putting the shot Throwing the discus Throwing the javelin Pole vault

Hammer throw 400 metre hurdle Hop, step and jump 2-mile Decathlon 120-yard high hurdles

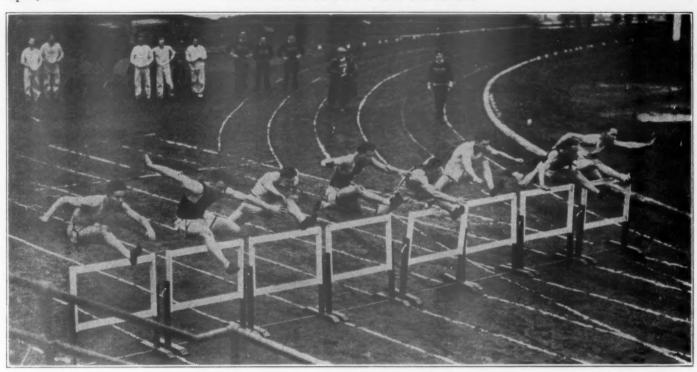
Results of the 1926 Pennsylvania Relays Held at Franklin Field, Philadelphia, April 23-24, 1926

COLLEGE CHAMPIONSHIPS RELAYS

A. Lehigh Sm.27.6s C. A. A.)—Class B—I, Swarthmore (Rumble, Maxwell, Dutton, Kersey); 2, Dickinson; 3, Haverford Sm.22.2s

7 15-16in.
elin Throw—1, Lyden (Maine) 195ft.7 1-2in; 2, R. Kruez (Wisconsin) 191ft. 9 7-8 in; 3, Northrup (Michigan) 186ft.8 5-8 in; 4, Gibson (Princeton) 175ft.5 1-4in; 5, Plansky (Georgetown) 173ft.5 1-8in.
athlon—1. Plansky (Georgetown); 2, Huntsman (Earlham); 3, Elliott (Bethany); 4, Doherty (College of City of Detroit); 5, Sturtridge (DePauw) 7169.160 pts.

^{*}New carnival record. †New record.



The start of the 120 yard hurdles at the Drake Relays, April 24, 1926.

Results of the Drake Relays

The Seventeenth annual meet held at Des Moines, Iowa, on April 23-24, 1926

UNIVERSITY SECTION 1 mile—2nu Nebraska Nebraska 3m.27.1s 2 mile—1, Iowa State; 2, Nebraska; 3, Notre Dame; 4, North-
 western
 8m.11.8s

 ile—1, Oregon State; 2, Illinois; 3, Michigan; 4, Kansas
 Kansas

 State
 18m.38.6s
 4 mile—1, Oregon State; 2, Illinois; 3, Michigan; 4, Kansas State ... 18m.38.6s
Distance Medley—1, Illinois; 2, Kansas State; 3, Iowa State; 4, Oklahoma State

COLLEGE SECTION
Half-mile—1, Kansas Teachers (Pittsburg); 2, Haskell; 3, South Dakota; 4, Carleton ... 1m.32.4s
1 mile—1, Knox; 2, Kansas Teachers (Emporia); 3, Baker; 4, Miami ... 3m.32.9s
2 mile—1, Haskell; 2, Cornell; 3, Knox; 4, Kansas Teachers (Pittsburg) Medley—1, Michigan Normal; 2, Miami; 3, Butler; 4, Baker...8m.12.2s IOWA COLLEGE SECTION
Half-mile—1, Morningside; 2, Buena Vista; 3, Parsons; 4, Iowa
Teachers 1m,88.6s
1 mile—1, Parsons; 2, Penn.; 3, Buena Vista; 4, Simpson.....3m,45.4s SPECIAL EVENTS

100 yds.—1, Locke (Nebr.); 2, Pepper (Indiana); 3, Gruenhagen (Minnesota); 4, Sharkey (Miami) and Snyder (Alabama Poly.)

2.55

440 yds.—1, West Des Moines; 2, Warren Harding; 3, Amos Hiatt;
4, Lincoln 54.9s

4, Lincoln GRADE SCHOOL
Shuttle Race—1, Kirkwood; 2, Amos Hiatt; 3, Roosevelt; 4, Elm-1m.1s

Program of the Kansas Relays, April 23, 1927

UNIVERSITY CLASS RELAYS One-quarter Mile. Each man to run 110 yards. One-mile. Two-mile. One-half Mile. Each man to run 220 yards. Four-mile. Distance Medley (440, 220, 880, mile). COLLEGE CLASS RELAYS One-half Mile. Each man to run 220 yards. One-mile. Two-mile. Distance Medley (440, 220, 880, mile). JUNIOR COLLEGE CLASS RELAYS One-half Mile. Each man to run 220 yards. One-mile.

Sprint Medley (440, 220, 220, 880).

OPEN HIGH SCHOOL CLASS RELAYS One-half Mile. Each man to run 220 yards. Two-mile. Sprint Medley (440, 220, 220, 880). SPECIAL EVENTS

(Open to University and College Men) Discus Throw. 100 Yards Dash. 120 Yards High Hurdles.
3,000 Meters Run.
Running Broad Jump.
Running Broad Jump. 16-pound Shot Put. Pole Vault. Javelin Throw.

Results of the Kansas Relays

Fourth Annual meet held at University of Kansas, Lawrence, April 17, 1926

440 yds.

Drake (New meet record).

2 mile—1, Northwestern (Renolds, Furrey, Garbry, Martin); 2, Kansas Aggies; 3, Nebraska. 7m.56.3s

4 mile—1, Illinois (Rue, McElwee, Dickinson, White); 2, Michigan; 3, Oregon Aggies. 18m.18.3s

Medley (440, 220, 880 mile)—1, Iowa State (Caulum, Price, Crawford, Conger); 2, Oklahoma A. & M.: 3, Texas. 7m.42.3s

S80 yds.—1, Occidental (Purser, M. Nash, Broadhead, V. Nash); 2, Kansas Teachers of Pittsburg; 3, Southwestern. 1m.28.1s
(New meet record).

1 mile—1, Occidental (Purser, Nash, Montgomery, Bailey); 2, Knox; 3, Baker 3m.25s

of Kansas, Lawrence, April 17, 1926

Kansas City. (Race was won by Devitt Preparatory of Washington, D. C., running under protest, later disqualified.)

2 mile—1, Galesburg, Ill. (Murphy, H. Schroder, G. Schroder, Mayer); 2, Wichita; 3, Manual, Kansas City. 3, Manual, Kansas City. 4, Main, San Antonio, Texas; 3, Junction City, Kans. 3m.43s

SPECIAL EVENTS

100 yds.—1, Locke (Nebraska); 2, Della Maria (Notre Dame); 3, Keane (Creighton); 4, Gruenhagen (Minnesota). 9.6s
(Equals world record and is new meet record).

120 hurdles—1, Tanner (Occidental); 2, Weir (Nebraska); 3, Weber (Kansas Teachers of Emporia); 4, Doornbos (Kansas). 15.5s
3,000 meters—1, Osif (Haskell Indians); 2, Hubbard (Minnesota); 3, Hunn (Iowa); 4, Welch (Hastings). 9m.3.5s

Shot Put—1, J. Kuck (Kansas Teachers of Emporia); 2, Rinefort (Grinnell); 3, Kriemelmeyer (Nebraska); 4, F. Kuck (Kansas Teachers of Emporia); 2, Cox Oklahoma); 3, Northrup (Michigan); 4, Goode (McKendree). 206th. Control of Crinnell); 2, Poyle (Michigan); 3, Northrup (Michigan); 4, Doyle (Michigan); 3, Poyle (Michigan); 3, Po

Oklahoma); 3, Northrup (micnigan); 4, Goode (micnigan); 3, Gooth (Texas); 4, Meeter (Grinnell); 2, Doyle (Michigan); 3, Gooth (Texas); 4, Meeter (Grinnell) (Micnigan); 3, Gooth (Texas); 4, Meeter (Grinnell) (Micnigan); 3, Gooth (Texas); 4, Meeter (Grinnell) (Micnigan); 3, Poole (Knox) tied at 6 feet; 4, Just (Minnesota), Simpson (Drake), Skelton (Pittsburg Kansas Teachers), Brooks (William Jewell) and Fowler (Pittsburg Kansas Teachers) tied at 5 feet 10 inches. Winning distance. (6ft.4in ad Jump—1, Wallace (Illinois); 2, Stephens (Nebraska); 3, Nash (Occidental); 4, Sheppard (Texas) and Keane (Creighton) tied (23ft.8in)

Nash (Occidental); 4, Sheppara (1888)

23ft.8in
e Vault—1, Carter (Kansas Aggies), Wirsig (Nebraska), and
Potts (Oklahoma) tied for first at 12ft. 11%in.; 4, Northrup

12ft.8 7-8in

The Program of the Ohio Relays, April 23, 1927

DIVISION I-Universities and Colleges (Open) Pole vault 100 yard dash Hop, step and jump 120 yard high hurdles

High jump 220 yard low hurdles Running broad jump

Gold watches will be awarded to first place winners. gold medals to second place winners, and silver medals to third place winners.

TRIATHLON

Each entry must compete in any three of the following four events:

Shot put Hammer throw Javelin Discus throw

Note.—As a means of affording weight men who confine their efforts to a single event a chance to compete, the events comprising the Triathlon will also be open to individual competition. Men not desiring to participate in three of these four events may take part in any of them for individual honors. A gold medal will therefore be awarded to first place winners of each of the above, regardless of whether the men are entered in the Triathlon or not. A silver medal will be given second place men and a bronze medal to third place winner.

A gold watch will be awarded to the winner of this event, a silver medal to the second place contestant and bronze medals to third, fourth and fifth place men in the Triathlon proper.

One Mile Team Race. Thomas E. French Challenge Trophy. (Five men may constitute a team, four only to count in scoring. Points scored same as in cross country. All five men running at the same Team with lowest score winning the event.)

In addition to the team trophy, gold watches will be awarded to the four individual members of the winning team. Silver and bronze medals to the individual members of the teams finishing second and third. A special watch award will be made to the individual finishing in first in this event, in case he is not a member of the winning team.

DIVISION II—Universities

Two Mile Relay. President's Challenge Trophy.

One Mile Relay. Winding Hollow Country Club Challenge Trophy.

Half Mile Relay. Columbus Rotary Club Challenge Trophy.

Distance Medley Relay. Columbus Dispatch Challenge (440 yards, 880 yards, three-quarters mile Trophy. and mile.)

Gold watches will be awarded to the individual mem bers of the team winning each of the above events. Silver and bronze medals will be awarded to the individual members of the second and third place team.

DIVISION III—Colleges

Two Mile Relay. Alumni Association Challenge Trophy. Mile Relay. Columbus Kiwanis Club Challenge Trophy. Half Mile Relay. Columbus Athletic Club Challenge Trophy.

Sprint Relay. Columbus Chamber of Commerce Chal-

lenge Trophy. (Each man to run 110 yards.)
Distance Medley Relay. Ohio State Journal Challenge Trophy. (440 yards, 880 yards, three-quarters mile and mile.)

Gold watches will be awarded to the individual members of the team winning the one-mile relay, the halfmile relay and the distance medley. Silver and bronze medals will be awarded to the individual members of the second and third place team. Gold, silver and bronze medals will be awarded to the individual members of the teams winning first, second and third place in the twomile and sprint relays.

DIVISION IV-Ohio Colleges

100-Yard Dash

Sprint Medley Relay. Boost Ohio Trophy. (One-quarter mile, 220 yards, 220 yards, one-quarter mile.)

Gold, silver and bronze medals will be awarded to the first, second and third place winners of the 100-yard dash. Gold watches wil be awarded the individual members of the team winning the sprint medley relay. Silver and bronze medals will be awarded the individual members of the second and third place teams.

DIVISION V-Class B Colleges and Normal Schools 100-Yard Dash

Mile Relay. Student Council Trophy.

Gold, silver and bronze medals to first, second and third place winners 100-yard dash. Gold watches to winners mile relay; silver and bronze medals to second and third place winners.

DIVISION VI-High Schools (Open to all High Schools in America)

100-Yard Dash Shot Put (12 lb.) High Jump Pole Vault

120-Yard Hurdles. (Low hurdles at high hurdle distance.) Gold, silver and bronze medals will be awarded the first, second and third place winners in each of the above events.

Sprint Relay. Columbus Citizen Challenge Trophy. (All men to run 220 yards.)

Gold watches will be awarded to the individual team members winning this event. Silver and bronze medals to the individual members of the teams finishing second

Mile Relay. Columbus Exchange Club Challenge Trophy. (Class "A" High Schools only—enrollment of 150 or more boys.)

Program of the Ohio Relays-continued.

Gold, silver and bronze medals will be awarded to the individual members of the team finishing first, second and third in this event.

Mile Relay. Scioto Country Club Challenge Trophy. (Class "B" High Schools only—enrollment less than 150 boys.)

DIVISION VII-Junior High Schools

Half-Mile Relay. Young Business Men's Club Challenge Trophy.

Gold, silver and bronze medals will be awarded to the individual members of the team finishing first, second and third in this event.

DIVISION VIII-Elementary Schools

Quarter-Mile Relay. Columbus Country Club Challenge Trophy.

Gold, silver and bronze medals will be awarded to the individual members of the team winning first, second and third in this event.

Results of the Ohio Relays

Third annual meet, held at Columbus, Ohio, on April 17, 1926

Cleveland Shaw

Heat 3—1, St. John's Military Academy; 2, Akron South; 3, Akron

North

North

3m.44.6s

1 mile, Class B—1, Carey (Snyder, Wickiser, Wentling, Straw); 2,

Rocky River; 3, Bluffton; 4, Harpster

Sprint Medley—Heat 1—1, Urbans (III.) (Adams, Cullison, Hundley

and Dunkle); 2, Columbus East; 3, St. John's

Academy

New record

2m.36.3s

(Old mark, 2m.43.6s, Lakewood, 1925).

Heat 2.—1, Cleveland Shaw; 2, Cincinnati Hughes; 3, Toledo

Libbey 4, Columbus South

Libbey 4, Columbus South

Heat 3—1, Akron Central; 2, Salem; 3, Columbus North

2m.41.3s

Heat 4—1, Logan; 2, Bluffton; 3, Sulphur Springs; 4, Columbus

Trade

Trade

Trade

Trade

Strale 1, Pilexim; 2, Franklin; 3, Mount

SPECIAL EVENTS
UNIVERSITY SECTION

100 yds.—1, Hester (Michigan); 2, Kelly (Michigan); 3, Leschinsky (Michigan)

120 hurdles—1, Guthrie (Ohio state); 2, Werner (Illinois); 3, Kelley (Northwestern); 4, Fell (Illinois)

(Old mark, 15.2s, made by Snyder, Ohio State, 1924; tied by Guthrie, Ohio State, 1925).

220 hurdles—1, Guthrie (Ohio State); 2, Werner (Illinois); 3, Irwin (Ohio State)

24.7s

Pole Vault—1, White (Illinois); Huff (Michigan), Prout (Michigan), Bov (Notre Dame), and Harrington (Notre Dame) tied for second

State)

Stot Put—1, Lyon (Illinois); 2, Dauber (Iowá); 3, Boland (Notre Dame); 4, Lovett (Michigan)

(Old mark, 44ft.51-2in., Dauber, Iowa, 1925).

Running Broad Jump—1, Elliott (Bethany); 2, Simons (Illinois); 3, Anson (Ohio State); 4, Alderman (Michigan State).

High Jump—1, Anson (Ohio State); 2, Burg (Chicago); Meislahn (Illinois); 3, Allinois), 3, Importance (Illinois); 3, Illinois; 3, Illinois; 3, Illinois; 3, Illinois

Running Broad Jump—1, Elliott (Bethany); 2, Simons (Illinois); 3, Anson (Ohio State); 4, Alderman (Michigan State). Distance 22ft.8in.

High Jump—1, Anson (Ohio State); 2, Burg (Chicago); Meislahn (Illinois) and Weeks (Illinois) tied for third.

New record 6ft.3 1-16 in. (Old mark, 6ft.3-8in., Russell of Chicago 1925).

COLLEGE SECTION

100 yds.—1, Charles (Colgate); 2, Ellis (Bethany); 3, Engle (Oberlin) (Old mark, 6ft.3-8in., Russell of Chicago 1925).

Note: Charles in morning preliminary had set new record for this event at 10 seconds. (Old mark, 10.2s, Alderman, Michigan State, 1925).

100 yds.—Class B. Colleges and Normal Schools—1, Stoughton (Otterbein); 2, Cabrinka (Dayton); 3, Achiu (Dayton); 4, Measell (Bowling Green) 10.3s

120 hurdles—1, Ellis (Ohio Wesleyan); 2, Graning (Colgate); 3, Spense (Detroit College) 16.8 (Ties record made by Heinrichs of Denison in 1924).

Pole Vault—1, Burliff (Ohio Wesleyan); Carpenter (Denison), Goeriz (Hillsdale), and Mills (Miami) tied for second, 11ft.6in. (Second place medal to Carpenter, third place medal to Goeriz).

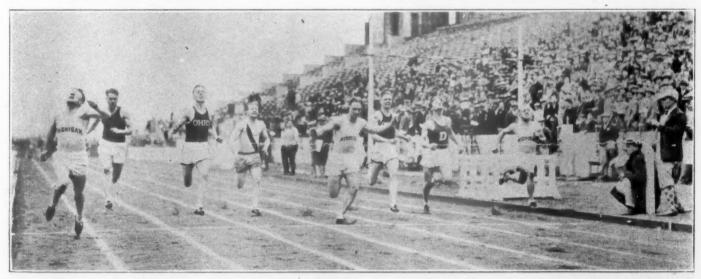
Shot Put—1, Zuber (Detroit College); 2, Elliott (Bethany); 3, Allman (Michigan State Normal) 40ft.4in.

High Jump—1, Ellis (Ohio Wesleyan); 2, Huntington (Detroit College); Malosh (James Milliken) and Doherty (Detroit College) tied for third. New record 5ft.10 i-8in (Old mark, 5ft.8in, Doherty, Detroit College, 1925).

HIGH SCHOOL SECTION

Pole Vault—1, Dixon (Westerville); 2, Whitney (Toledo Waite); Burd (Lock Haven) and Allen (Salem) tied for third...11ft.1 3-4in (Third place medal to Burd).

High Jump—1, Coffee (Salem); 2, Stotsbury (Columbus Aquinas); 3, Hoffman (Lock Haven) 3, High School (Lakewood); 4, Lentz (Columbus North) 5ft.10in (Schopper); 2, Stotsbury (Columbus Aquinas); 3, Hoffman (Lock Haven) 3, Kunkel (Lakewood); 4, Lentz (Columbus North) 15.1s



Finish of the 100 yard dash, Ohio Relays, April 17, 1926. Hester, Michigan, first. Time 10.1 seconds. (Note that six of the runners are off the ground.)

Results of the Southern Relay Carnival Held at Georgia Tech., Atlanta, Ga., on April 10, 1926

The Program of the Southern Relays, Atlanta, April 9, 1927

COLLEGE RELAYS

Open to any College Sophomore, Junior or Senior Half-Mile Relay Four Mile Relay One Mile Relay Sprint Medley Relay Two Mile Relay Distance Medley Relay

In the Sprint Medley the first man will run 440 yards, the second and third men run 220 yards and the fourth man runs 880 yards.

In the Distance Medley the first man will run 880 yards, the second and third men run 440 yards and the fourth man runs 1 mile.

FRESHMAN RELAYS

Open to any College Freshman Half-Mile Relay One Mile Relay

Two Mile Relay

HIGH SCHOOL RELAYS

Open to students in High Schools located in towns of less than 5,000 population.

Half-Mile Relay One Mile Relay

Open to students in High Schools located in towns of 5,000 or more population.

Half-Mile Relay One Mile Relay

PREPARATORY SCHOOL RELAYS Open to any Preparatory School Student

Half-Mile Relay One Mile Relay

JUNIOR HIGH SCHOOL RELAY Open to any Junior High School student

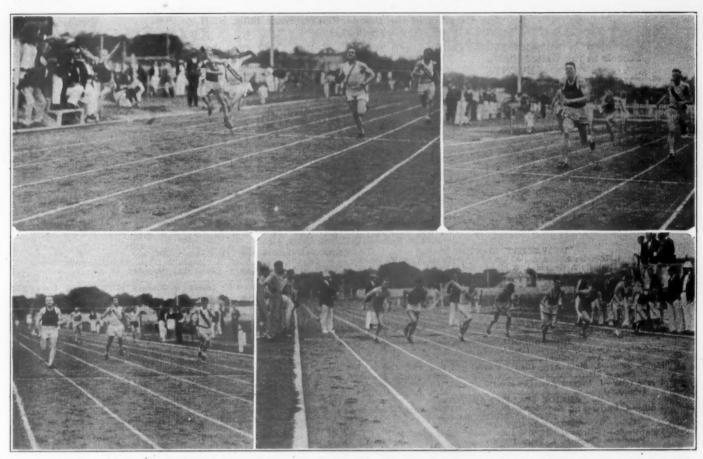
Half-Mile Relay

GRAMMAR SCHOOL RELAY Open to any student in the Atlanta Grammar Schools Quarter-Mile Relay

In the Quarter-Mile Relay each boy runs 110 yards. In the Half-Mile Relay each boy runs 220 yards.



First change of batons in the 4-mile Relay at the Kansas Relays, April 17, 1926, Illinois first, Michigan second.



The Texas Relays, Austin, March 26, 1926, (upper left). The finish of the 100 yard dash, in which Landa, of Texas, is first. Time 10.3. (Upper right) Guthrie, of Ohio, winning the 120 yard hurdles with Werner, of Illinois, second. (Lower left) Finish of the 440 yard relay, Kansas first, Illinois second. (Lower right). Start of the two mile relay.

In the One Mile Relay each boy runs 440 yards. In the Two Mile Relay each boy runs 880 yards.

SPECIAL EVENTS

Open to College Freshmen, Sophomores, Juniors and Seniors and to men receiving Special Invitation to compete.

100 Yard Dash 220 Yard Dash

120 Yard Hurdle 220 Yard Hurdle Two Mile Run Running High Jump

Running Broad Jump Pole Vault Putting 16 Pound Shot Throwing the Discus Throwing the Javelin

Results of the Texas Relays Held at Austin, Texas, March 26, 1926

		*				U	NIV	ER	SI	ry	DIV	VIS	IO	N						
2 1					as A															
	9 y	ds.—	-1,	Ka	msas	U	niv	; ;	2,	Illi	nois	B ;	3,	T	exas	U	niv	.;	4,	Mis-
88	U	yds niv.	-1,	I	llino	in;	2,	F	ar	sas	9	3,	0	leon	rget	DWI	1;	4,	Tom.2	exas
	dley	7-(440	22	20, 8 Mis	80,	1	mile	e)-	-1,	Ol	klah	OF	na	Uni	iv.	2,	Ol	dah	oma
1	mil	e1	,	Iow	a l	Jni	V. ;	2,	G	eor	geta	DWI	1;	3,	D	rak	e;	4.	T	
							COI													
88) ye	ds	-1,	Ho	ward	P	ayn	3:	2.	Ha	skel	II	ns	t. ;	3,	N.	T.	S.	T.	C.

1-8in; 3, Taylor (Baylor) 131ft.6in; 4, McAnelly (Missouri) 131ft.

1-8in; 3, Taylor (Baylor) 131ft.6in; 4, McAnelly (Missouri) 131ft. 31-4in.

Javelin Throw—*1, Morgan (Oklahoma) 192ft.4in; 2, Plansky (Georgetown) 187ft.7in; 3, Cox (Okla.) 181ft.5in; 4, Graham (Missouri) 170 ft.4in.

Broad Jump—*1, Dowding (Georgetown); 23ft.3in; 2, Wallace (Illinois) 23ft.1in; 3, Lancaster (Missouri) 23ft.4in; Shepherd (Texas) 22ft.113-4in.

Pole Vault—1, Potts (Okla.) 12ft.77-8in; Lancaster (Mo.), Price (Okla.), Carter (Kansas A. & M.), Darrell (Kansas), Dailey (S. W. T. T. C.) tied at 12ft.

High Jump—1, Haggard (Texas) 6ft.27-8in; 2, Norton (Georgetown) 6ft.; 3, Burgen (Southwestern) 5ft.111-4in; 4, Shepherd (Texas) 5ft.111-4in.

SPECIAL EVENTS-HIGH SCHOOLS

Okla.)

16.8s

High Jump—1, Stewart (Central, Ft. Worth) 6ft.1-8in; 2, Phillips
(Main, San Antonio); 3, Johnson (Central, Ft. Worth), Norman
(Pernell, Okla.) tied, 5ft.10 1-8in.

Shot Put—Stewart (Central, Ft. Worth) 48ft.3 3-8in; Celaya (Brownsville) 48ft.3-4in; Norman (Pernell, Okla.) 43ft11in; Andrews
(Pernell) 42ft.6 5-8in.

SPECIAL RACES

PENTATHLON UNIVERSITY AND COLLEGE DIVISION Five events-discus, broad jump, 120 yds., high hurdles, 200 meter

*New meet record.

Pole vault Javelin

The Program of the Dakota Relays, Sioux Falls, S. D., April 23, 1927

A				Universities, ted States. EVENTS	Colleges	and	High	
Ty	Univo-mile	versit relay	lass	440 yard	relay			

Half-mile relay Medley relay Mile relay High School-Class B Medley relay

Half-mile relay Mile relay

College Class (Open) Half-mile relay Mile relay

Two-mile relay Special Events University and College.

Half-mile relay Open. 100 yard dash. High School Class A and B. Medley relay

100 yard dash. University and College. Open. 120 yard high hurdles.

Shuttle race. Grade schools. Running broad jump South Dakota College Con-

ference Relay Medley relay

Mile relay Half-mile relay High School-Class A Two-mile relay

Results of the Rice Institute Relays Held at Houston, Texas, March 27, 1926

UNIVERSITY SECTION	
440 yds1, Illinois; 2, Kansas; 3, Texas U. & Texas A. & M43.1	18
2 mile-1, Haskell; 2, Kansas A. & M.; 3, Notre Dame8m.4.4	48
880 yds.—1, Illinois; 2, Kansas U.; 3, Texas A. & M	88
Medley-1, Illinois; 2, Okla. U.; 3, Rice	8s
1 mile-1, Georgetown; 2, Iowa; 3, Texas A. & M	65
COLLEGE CECTION	

COLLEGE SECTION

Medley—1, Ohio Wesleyan; 2, Haskell; 3, S. W. Tex. Teachers

3m.36.4s

3m.36.4s
880 yds.—1, Haskell; 2, San Marcos; 3, Southwestern. 1m.32s
1 mile—1, Ohio Wesleyan; 2, Haskell; 3, Southwestern. 3m.27.4s
HIGH SCHOOL SECTION
Half-mile relay—1, Sunset Hi. (Dallas); 2, Main Ave. (San Antonio);
3, Forest Ave. (Dallas); . 1m.34.6s
Medley relay—1, Main Ave. (San Antonio); 2, Oak Cliff (Dallas);
3, Orange Hi. 3m.49s
1 mile relay—1, Forrest Ave. (Dallas); 2, Sunset (Dallas); 3, Central (Houston)

JUNIOR COLLEGE SECTION 3m.40s

JUNIOR COLLEGE SECTION

High Discus Throw—I, Stancliffe (Rice); 2, Gooch (Tex.); 3, Cole (Okla. Baptist) ... 136ft
Broad Jump—I, Dowding (Geo.); 2, Wallace (Ill.); 3, Smith (Texas) ... 23ft
Javelin Throw—I, Morgan (Okla. U.); 2, Dietrich (Tex. A. & M.); 3, Cox (Okla. U.) ... 202ft.8 1-2in
100 yds.—I, Lander (Texas); 2, Whelan (Geo.); 3, Wilson (Texas A. & M.); ... 10.1s 10 -1, Werner (III.); 2, Guthrie (Ohio S.); 3, Wright (Tr

HIGH SCHOOL SECTION

Results of the Dakota Relays

220 hurdles-U.)

Held at Sioux Falls, S. D. on May 1, 1926

	UNIVERSITY SECTION
440 yds1,	South Dakota; 2, Morningside; 3, Carleton43.78
	as record).
880 yds.—1,	South Dakota; 2, Morningside; 3, Des Moines1m.32s

(Record held by Creighton at 8m.18.1s).

Medley—1, Carleton; 2, South Dakota State; 3, Gustavus Adol-

(Record held by Morningside at 3m.43s). COLLEGE SECTION

Medley—1, Buena Vista; 2, Columbus; 3, Aberdeen, S. D. Normal 3m.40 (New Record. Former mark by Aberdeen Normal, 3m.50.1s).

HIGH SCHOOL SECTION
880 yds.—(Class A.)—1, Sioux City, Ia.; 2, Norfolk, Nebr.; 3, Fargo, N. D. ______1m.34.9s

N. D. (Record held by Sioux City, 1m.32.4s).

yds.—(Class B.)—1, Onida, S. D.; 2, Hawarden, Ia.; 3, LeMars.

1m.36.8s 880 yds.—(Class B.)—1, Im.36.8s (Canton, S. D., holds record with mark of 1m.36.2s in preliminary heat). 1 mile—(Class B.)—1, Gregory, S. D.; 2, Hawarden, Ia.; 3, George, 3m.45s

(Stands as record).
ile— (Class A.)—1, Sioux Falls; 2, Norfolk, Nebr.; 3, Sioux ile— (Class A.)—1, Sioux Falls; 2, Norfolk, Nebr.; 3, Sioux

Results of the University of Washington Relays Seventh Annual Meet Held at Seattle, Wash., May 1, 1926

Seventh Annual Meet Held in UNIVERSITY SECTION

2 mile—(Class A.)—1, Washington (Torney, Wilde, Algyer and Charteris); 2, Oregon. 8m.10.8s
880 yds—(Class A.)—1, Montana (Stark, Ritter, Coyle and Sweet);
2, Washington; 3, Oregon. 1m.20.6s
4 mile—(Class A.)—1, O. A. C. (Clayton, Sisson, Bell and Butts);
2, Washington; 3, Idaho. 18m.11.6s
1 mile—(Class A.)—1, Washington (Charteris, Peltret, Augustine and Applegate; 2, Montana 3m.26.5s

HIGH SCHOOL SECTION

1 mile—(Class B.)—1, Washington Freshmen (McIntyre, Greenough, Wetherell and Gourlay); 2, Pacific; 3, British Columbia; 4, Puget Sound

Medlev (Sactile, McJ. C.)

880 yds.—1, Garfield (Albin, Brown, Gilgen and Hall); 2, Broadway;

HIGH SCHOOL SECTION

120 hurdles—(Class A.)—1, Tuck (Oregon); 2, Baker (Oregon Aggies); 3, Cleaver (Oregon) 4, Slipperin (Washington State...15s

100 yds.—(Class C.)—1, Mitten (Puyallup High); 2, Johnson 'Buckley High); 3, Schaffer (Puyallup High); 4, Haugen (Everett High) (Continued on page 44)

Starting From the Standpoint of the Starter

By John C. Grover

₹ EVERAL years ago, Leslie E. Edmunds, one of the leading football and basketball officials in the Missouri Valley, and Secretary of the Kansas State Boxing Commission, wrote one of the older

officials of considerable experience as a referee and starter of track meets. In Edmunds' letter he said that having taken a fling at all kinds of officiating with the exception of refereeing and starting track meets "with more or less success," he believed that he would take up that line of officiating and asked the question, "What does a man have to do to be a good

The starter must keep in mind the one and years of close attention, only result desired, that is, a fair and equal start with the condition of the starters such, that they can give their best efforts in the race.

> one he felt sure, could and would be acquired by reading the rules. He concluded his remarks concerning the referee by saying any one possessing the above three qualities could and would make a good referee.

> Passing on then to the question of starting, he advised Mr. Edmunds that this "was a horse of a different color" as starting was one of the hard-

unless he had been a sprinter, hurdler, a short distance man accustomed to starting in races, so he could get the psychology of the runners. He then dealt at length with what he considered the essential

points of a successful starter.

A few weeks later the older official received a short note from Mr. Edmunds in which he briefly summarized his experience. "Why should I spoil whatever reputation I have built up as a capable official by being a 'punk' starter?"

This illustration is given merely to show the general conception of the

starting of a race. The crowd, the coaches of other lines of sport and the track men themselves who are not engaged in events requiring exact starting all have the opinion that starting a race is the easiest thing in the world. Good starters are criticised by the newspapers and heckled by the crowds because they will not permit a start when to have done so would have given one or the other of the runners an undue advantage.

In starting a race the starter



Illustration I.

Illustration I. shows the position of Paulu of Grinnell College after going to the mark, and before the signal "get set." Paulu was one of the best of the present day sprinters, being Missouri Valley champion a number of years and winning the hundred yard dash in the National Collegiate Athletic Association Meet. Notice the position of the body which is well forward and relaxed, the arms straight and the feet firm against the

back of the holes.

Illustration II. is a picture of Archie Hahn, formerly of the University of Michigan, who represented the United States in the Olympic games of Michigan, who represented the Others states in the Osympto States in 1904 and 1906, and who is one of the great sprinters of all times. This illustrates Hahn's position on the mark just before the signal "get set." You will note the straight arms, the feet firm against the back of the holes, the body forward and relaxed.

referee and starter of track meets?" The older official replied that so far as refereeing track meets was concerned, all that was necessary to be a capable referee was first, a knowledge of the rules, second, fearlessness, third, integrity. He expressed the opinion that Mr. Edmunds already possessed the last two requirements and the first

est official athletic capacities to serve in; one requiring a most careful study of the disposition, physical characteristics and peculiarities of men, tones of voice, rhythm, methods used by runners in starting and many other elements. He thought it would be very hard for any man to become a good starter, even with experience and



Illustration II.

must keep in mind the one and only result desired, that is, a fair and equal start with the condition of the starters such that they can give their best efforts in the race.

"A fair and equal start" is easily understood to be no man leaving before the gun or having in any way an advantage in the start. "With the condition of the starters such, that they can give their best efforts in the race," however, may not be understood, and can thus be explained. Many times runners come to the mark in such a case of nervous excitement that to set them immediately on the marks would be absolutely unfair to them; after taking the marks and both before and after becoming set, the muscles and the legs of some runners twitch and tremble and sometimes even their whole bodies do likewise. To start a man in this condition again is palpably wrong. Runners may come up from competing in other events without a chance to catch their breath. The starting blocks or starting holes may have slipped or be loose; a shoestring may have been broken: the starting line may have been obliterated and a hundred and one other things may arise which in fairness to the runner should be remedied before he is allowed to start.

In cases of extreme nervousness or excitement due to many different causes, it is sometimes advisable before sending the men to the marks to jog the excited runners a short distance up and down the track, once or twice to calm them down so that they can give the best that is in them.

If we assume that the original premise is accepted, that the object of starting is to give a fair and equal start with the condition of the runners such that they can give their best efforts in the race, what is the best way to carry that out?

First, THE POSITION WHICH THE STARTER SHALL OCCUPY.

Most starters rightfully occupy a position back of the runners, sufficiently far back so that they cover with their eyes the legs of all the runners and at the same ti,me not far enough back to cause the starter to raise his voice to a higher pitch than a little above the average speaking tone. It is well for the starter to stand in front of the men he expects to start until he has said

"Go to your marks," and then to walk slowly between the two center men on the track to the rear of the men before giving the signal, "Get set." The deliberation of the starter in his walking back and the lapse of time have a quieting psychological effect on the men. After reaching the correct position, which the starter has fixed in his mind, at the rear of the

men after saying "Go to your marks." he turns around and can see clearly that all men are in a position, or will be in a position, to get set on the command. On the command "Get set" in deliberation, he can look over the legs of all the runners, their backs, and their position on the mark to see that none are moving forward in what is known as a "creeping start," that none are settling back because a start then would absolutely destroy that man's chance in the race, that none of the legs are shaking, that none of the muscles are jumping, in fact that the men are steady on the mark.

The other method of starting, which is rarely used, is to stand in front of the runners and to one side of the track and give the signals from there. This method of starting is justified and better than the position in the rear only under one condition, and that is where there are a number of lines of runners on the track and it is impossible for the starter to see the legs, position and bearing of the front line if he stands back of the last line. Under these circumstances, it is better for the starter to stand in front and give his signals from there. The front method is not so good as the position back of the runners, where that is possible, for several reasons; first, he is closer to some of the runners than to others; second, he has no idea of the condition of the legs of the runners, whether they are moving, twitching or even whether they are about to leave the mark; third, this

position has a tendency to cause the runners to look at the starter rather than to concentrate their attention on the sound of the It has a gun. tendency to make them try to anticipate, by a movement of the starter, the firing of the gun and this causes many breaks.

I believe then as regards the position of the starter, he should always stand back of the

stand back of the runners, unless there is more than one line of runners and he cannot see the front line on their marks clearly.

Second, THE GUNS. Unfortunately most of the guns that are given starters to use in starting races are worn out guns or guns which have been used in practice and many times miss fire. Very few guns after having been shot a number of times will work

quickly or at all on the double action or second shot. For that reason many starters have found it desirable and advisable to use two guns, both of which should be thoroughly cleaned and oiled and tried out prior to starting the races. Nothing is more disastrous to successful starting nor harder on the runners in a race than to have the gun snap and not fire either because of defect in the gun or shell or because an old exploded shell was not taken out of the gun. The best way to avoid such things is to see that new shells are purchased for each meet and for the starter to replace each exploded shell with a new shell after every shot and to have each chamber of the revolvers at all times filled with good shells. This is some trouble and at times causes a slight delay, but it is more than justified by the results. In the case of the use of two guns, if there is an imperfect start or a break, an immediate recall can be made with the other gun. It is likewise necessary that the guns should both be cocked prior to sending the men to the marks. The attempt to use a double action gun without cocking it, is always fatal to good starting as the click or the fraction between the time when the hammer rises and falls may be the difference between a perfect and a false start.

It is a good plan in starting races for the starter to step in front of the runners as they stand in their lanes ready to go to the mark, assure himself that all of the chambers of the revolvers are filled with unexploded shells, cock both guns, then say "go to your marks," and after this pass to the back of the runners. If this regular routine is followed there are no times when the mechanical end of the start is not in perfect order.

Third, TONE OF VOICE. Many otherwise good starters impair their starting by the tone of voice which they use when the men are on the marks. The track coach of one of the great institutions on the Pacific Coast at the National Collegiate last year in discussing starters, in speaking of a starter whom he knew, said that his starting was ideal with the exception of the tone of voice which he used and that the tone almost ruined his start-The starter must bear in mind that the men going to the mark are under considerable nervous strain. After the men have gone to the mark under the command of the starter he should not say, "Get set" in a raised tone of voice or dramatic tone of voice. or even a change of tone of voice over the tone in which he has used in sending them to their marks, or even the same tone, if in sending them to the

(Continued on page 18)



Illustration III.

Illustration III. is another picture of Archie Hahn of Michigan after the position "get set."

The College Honor Roll in Track and Field

THE new National Collegiate Athletic Association track and field rules guide contains the names of the men who, because

of their meritorious performances have been placed on the 1926 honor roll. The rules committee does not attempt to select an All-American track team but does collect the records made by the college men in the different events each year and those credited with the best performances are mentioned on the annual honor roll. While some mistakes have possibly been made, yet every effort is put forth to select for honorable mention the names of the men who have actually made the best records. The committee assembles the records of the important relay, dual, conference and national meets and then lists the best records in each event. This list is then sent to the college track coaches for criticism and correction. Sometimes it is found that records have been improperly reported or

College men who are credited with the best performances in the different events are mentioned on the annual honor roll

that they were made under conditions which should invalidate them. When possible these facts are taken into consideration and only records which appear valid are accepted.

The dead line for copy for the 1928 N. C. A. A. Track and Field Rules book has been set at July 1, 1927. The coaches are invited to send to the ATHLETIC JOURNAL office, for the attention of the track and field rules committee, statements pertaining to creditable performances made this season by college track and field athletes. After these have been received the list of what appears to be the best records will then be sent to the track coaches for verification and after needed corrections have been made the final nominations will then be passed on to the publisher for printing in next year's rules book,

which it is hoped will be ready for distribution in the future not later than the first of the ensuing year.

Thirty-eight colleges and universities were represented by men whose names appear in the 1926 honor roll. Stanford placed men in nine events; Southern California, Ohio State and California in five events; Michigan and Illinois in four; Nebraska, Syracuse, Montana and Texas in three; Miami, Michigan State, Cornell, Notre Dame, Wisconsin, Oklahoma, Kansas Teachers College, Missouri, Harvard and Princeton in two. Chicago, Baylor, Yale, Butler, Iowa, Northwestern, Oberlin, North Carolina, Ames, New Hampshire, Alabama Polytechnic, Oregon, City of Detroit, Pennsylvania, Yale, California Tech., Clemson and the Army are each represented in one

It will be noticed that many of the names appearing on the 1926 Honor

(Continued on page 20)

100 YARDS DASH

Locke (Nebraska)9.5s twiceDrake Relays, MoNeb.	Dual	Meet
Sharkey (Miami) 9.68. Ohio Buckeye Meet		
Alderman (Michigan State)9.7sDetroit City-Mich. State		Meet
Hester (Michigan)9.78Michigan-Ohio Dual Meet	t	
Russell (Cornell)9.7sI.C.A.A.A. Meet		
Sweet (Montana)9.7sPacific Coast Conference	Meet	

220 YARDS DASH

Locke (Nebraska)	20.5sMis	souri-Nebraska	Dual Meet	
	State)20.9sDet			Meet
Russell (Cornell)	21.0sI.C	A.A.A.A. Meet		
Hale (Illinois)	21.1s	a-Illinois Dual	Meet	
Sharkey (Miami)	21.1sOh	o Intercollegia	te Con. Me	et

440 YARDS RUN

	35
Phillips (Butler)	
Cooke (Syracuse)	
Miller (Stanford) 48.8s Univ. So. Cal. Stanford Dual	Meet
Fensinger (Michigan)49.1sMichigan-Ohio Dual Meet	
Kennedy (Wisconsin)49.1sIntercollegiate Conference Meet	;

880 YARDS RUN

Martin	(Northwestern)Winner	Nation	al Collegi	ate Meet	
Richardso	on (Stanford)	1m53.8s.	Califor	nia-Stanfe	ord Dual	Meet
Boyden	(California)	1m55.7s.	Calif	So. Calif.	Dual Me	eet.
Watters	(Harvard)	1m55.8s				
Williams	(Oberlin)	1m56s.	Ohio I	ntercolleg	iate Con	. Meet

1 MILE RUN

Elliott (North Carolina)4m21.2sSouthern Conference Meet
Gillette (Montana)
Judge (Notre Dame)4m22.5sNational Collegiate Meet
Conger (Ames)
Kennedy (Ohio) 4m23.4s Intercollegiate Con. Indoor Meet

2 MILE RUN

Chapman	(Wise	eonsin)	9m26.4s	Inter	collegiate	Con.	Indoor	Mee
Tibbetts				I.C.A				
Loucks (Syracu	se)	9m28s	Penn	Relays			
Peaslee (New H	lampshire)9m29s		England			
Gillette	(Monto	nol	9m20 4a	Pacif	ic Coast	Confe	rence l	deet.

120 YARDS HIGH HURDLES

Guthrie (Ohio State)
Dye (Southern California)14.6sCalifSo. Calif. Dual Meet
Werner (Illinois)14.7sIllinois-Michigan Dual Meet
Reynolds (So. California)14.8s Pacific Coast Con. Meet (Heat)
Baskin (Ala. Poly., Auburn)15s Southern Conference Meet
Tuck (Oregon)
West (Stanford)
Wright (Texas) Southwest Conference Meet

220 VARDS LOW HIRDLES

		220	THIMDDI	30 11	HI CIGD LA	200	
Cuhel	(Town)		22 24	To	wa-Illinois	Dual	Meet

Grumbles (So. California)	28.48	I.C.A.A.A. Meet
Spence (City of Detroit)	23.5s	National Collegiate Meet
Locke (Nebraska)	23.6s	Missouri-Nebraska Dual Meet
Guthrie (Ohio State)	248	Michigan-Ohio Dual Meet
		Missouri Valley Conference Meet
Wolf (Pennsylvania)		

RUNNING HIGH JUMP

				Total Case		
	Texas)					
	icago)				Meet	
	anford)					
	(Texas)6					
Anson (O	hio)	6ft.5in	Chi., N.W	., Ohio, V	Vis. Quad.	Meet

RUNNING BROAD JUMP

Bondshu (California)			east Conference	
Meeks (Stanford),	24ft	.Pacific Co	est Conference	Meet
Anson (Ohio)	.23ft.8%in	Intercolle	giate Conference	Meet
MacRae (Stanford)	23ft.8in	Pacific Co	ast Conference	Meet
Wallace (Illinois)	23ft.8in	Kansas R	elava ·	

POLE VAULT

Barnes (California)13ft.8inPacific Coast Conference Meet
Harrington (Notre Dame)13ft.3inNational Collegiate Meet
Carr (Yale)13ft.3inPrinceton-Yale Dual
Graham (Calif. Tech.)13ft.2.16inCal.TechSo. Branch U. of Cal. Dual
O'Dell (Clemson)13ftNational Collegiate Meet

SHOT PUT

Houser (So. Calif.)50ft.71/4inPacific Coast Conference	Meet
Kuck (Kans. St. Teach.)50ft.6%inIllinois Relays	
Gerkin (California)49ft.1%inI.C.A.A.A. Meet	
Hoffman (Stanford)48ft.81/2 inPacific Coast Conference	
Richerson (Missouri) 48ft 1 in Missouri-California Dual	Meet

DISCUS THROW

Houser (So. Calif.)158ft.1%inStanford-So. Cal. Dual Meet
Taylor (Baylor)157ft.7inBaylor-S. M. U. Dual Meet
Gerkin (California)146ft.9inCalifornia-Stanford Dual Meet
Richerson (Missouri)145ft.2%inMissouri Valley Conference Meet
Hoffman (Stanford) 144ft.346in Stanford-Oregon Dual Meet

HAMMER THROW

Biggs (Syracuse)161ft.91/gin	I.C.A.A.A. Meet
Hawkins (Michigan)157ft.7in	Penn Relays
Hewitt (Army)154ft.3in	Army-Springfield Dual Meet
Shively (Illinois)151ft.2in	
Gates (Princeton)150ft.9%in	

JAVELIN THROW

as State Conference Meet
collegiate Conference Meet
Relays
ic Coast Conference Meet

A Summary of Western Conference Basketball

By E. J. Mather

The Western Conference basketball season is reviewed

have been more emphasis placed on offensive than on defensive basketball this year in the Western Conference. The scores have been higher on the average than in

HERE seems to

the past few years. As far as a radical difference in the styles of play, there was not much of a change from that of former years. The set style of play in working the ball down the floor predominated rather than a quick break to beat the defense. The object

of the set style of play was to get the defensive players to bump each other in order to free an offensive man. Of course this plan was more successful against a man to man game in the five

man defense.

In this style of game one forward stayed deep in the left hand corner of the floor near his basket, the center was stationed under his basket or near the foul line. The other forward was placed near the front line of the defensive on the right side. This left two men to bring the ball down the floor to the front line of defense. Usually the running guard or the best dribbler or the man

with the best cut handled the ball. He passed the ball to the forward breaking out of the left hand corner toward him and then cut fast along the side line and received a return pass and went down the side line and in toward the basket. The chances were that unless the two defensive men were very alert that there was a bump and an offensive man near freed for a shot. There was considerable deception practiced with this play.

The play started as before, the running guard bounced the ball to the forward again who broke toward him, the guard cut as before, the forward faked a pass to him and then dribbled across the floor toward the forward on the other side who in the meantime started toward the other side of the floor or toward the player

with the ball. In the meantime the center started toward the line of travel of the forward coming in from the right side, timing the defensive man who covered the forward. The forward kept on and received a pass from the left forward and was in a position to dribble in and shoot. The running guard who had previously .

E. J. MATHER, bas-ketball coach, University of Michigan, was graduated from Lake Forest College, where he played football, basketball

and baseball. His team at Michigan won the Conference championship this year and last year tied for first place. He teaches basketball in the Michigan Summer School for Coaches.

> cut, went on under the basket and up the other side to pull any defensive man away from the basket while the center after the bump turned and acted as the follow-in man. This play may also be worked so that the defensive team will block themselves or run into an offensive man or it may be worked so that the offensive player makes bodily contact with the defensive man and makes an illegal play. one, however, which is very difficult for the officials to detect. This style of play is built to combat the man to man defense and is very effective unless the defensive men have been drilled to shift and to shift at the right time. This plan of attack depends on exact timing and if the defense is able to throw the offensive timing off, the play does not function

correctly. The underhand short pass is used along with the bounce pass in this system.

Another way that was used in placing the men on the floor in the set style of play was as follows: Two men were stationed on one side of the floor nearest their basket, while another player was stationed on the other side. As the two guards brought the ball down the floor, the three offensive men back in the defense started to move around on the

> floor by criss crossing, in order to free one of them to receive a pass. Of course the blocking idea predominated and the scheme of play was worked accordingly.

> There was not much system in making a quick break from the backboard. There was a method used in which the player in one of the forward positions on the defense or one of the side players in the front defending line did not follow his man in, as soon as the ball went by him, but occupied a certain position on the floor and when his team mates recovered the ball, it was whipped to him. Then there was a rush by his team mates to-

ward their basket, trying to get out ahead of their opponents and putting three offensive players on to one defensive player but as I have said before this system was not used so much as

set plays.

A delayed offense was used a great deal, especially when a team had a few points lead. This required the defensive team to leave the five man defense and go out and pick their man up. The ball was worked back and forth by the offense until the fastest and best dribbler got it and then he made a fast cut and a dribble and went in for a shot, in all probability making a basket or getting fouled in the attempt. One of the ideas was to spread the defense to the sides so that the middle of the floor was open

(Continued on page 26)

Basketball Contest Plays

Plays Which High School Basketball Coaches Have Used This Year

IN March, the JOURNAL published five of the plays which were submitted by coaches for the contest. Following are five additional plays which were sent in by subscribers and which are awarded prizes by the JOURNAL.

Play No. 1 was sent by Assistant Coach O. Alexis, Washington, Kan. It is a three man short pass play and is of value in developing team work. When the player cuts in behind an opponent he momentarily blocks him off. With 4 and 5 unengaged and moving down the side line as the ball is worked forward by the other three men, an opportunity is presented to change from a three man to a five man offense at any time.

Play No. 2 is submitted by Robert Emery, Physical Director, Patchogue High School, New York. This is a play from center in which 3 taps the ball to his left and then goes down to the side and cuts back to the basket for a pass as indicated. Player No. 1 starts from his position forward and then turns and darts to the corner where he may receive a pass from 2. If he gets the pass he may dribble and shoot or take a long shot or pass to number 2, 3 or 4. Player 2, at the toss-up, takes two steps toward the center and then recovers the ball, dribbles to the side and passes to the corner usually to number 1 and then cuts toward the basket for a return pass.

Play No. 3 was submitted by Oran H. Beaty, Mystic, Iowa. This is an out-of-bounds play to be used against

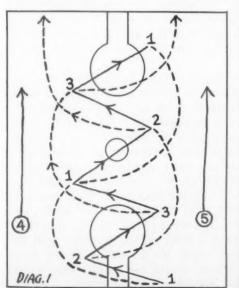
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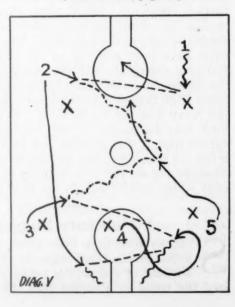
a set defense. The ball is passed in by 5 to X4 who dribbles down the court and then passes to X3 who times himself so as to get a bounce or an over-head pass. X4 rushes through and receives the ball again for an open shot or for an open pass to X1 or X2 who are under the basket. If the center comes out to meet X4 the play will work. X3 goes in fast enough to get ahead of the forward on that side of the court.

Play No. 4 was submitted by Reece H. Green, Central High School, Sioux City, Iowa. It is a play to be used against a zone defense and is based on the principle of a criss-cross attack. Number 5 has the ball out-ofbounds, passes to 4 who dribbles toward the defensive line and then passes to 3. X1 is blocked off by 5. Players 1, 2 and 3 criss-cross to get into position, at the point marked C on the diagram. Number 1 may double pass back to 2, pivot and pass to 3 or dribble in and shoot. Number 4 should be open for a shot, number 5 for blocking cut-backs on the defense.

Play No. 5 was submitted by S. W. Crumpacker, Junior High School coach, McPherson, Kan. It is a play to be used against a man-for-man defense. It works especially well on a large court. It may start at any place and its success depends upon how quickly the defense meets the guard with the ball. The ball is taken from the back-board by 1 who dribbles up to the defense and then passes to 2

(Continued on page 20)





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JOHN L. GRIFFITH, Editor

N. C. A. A. Track Rules

HE 1927 Track and Field Rules published by the National Collegiate Athletic Association are now on the news stands. No radical changes have been made in the old rules but some have been re-worded and certain suggestions regarding officiating have been made. The book also contains the records of the important conferences and state high school athletic associations, the relay meets of 1926, the college honor roll and the official records of college and high school men. The committee that passes on the college records is headed by A. A. Stagg, University of Chicago, and is appointed each year by the National Collegiate Athletic Association. The interscholastic records committee is appointed each year by the National Federation of State High School Athletic Associations. C. W. Whitten, DeKalb, Ill., is chairman of this committee.

The track rules are not arbitrarily made by the rules committee because each year the track coaches are requested to send to some member of the committee, criticisms of the old rules and proposed changes. The committee after selecting the changes that seem desirable submits these in turn to the coaches in the schools and colleges with a request for further criticism. After ample time has elapsed for replies, the committee then codifies the new rules and sends the copy to the publisher. The N. C. A. A. track rules have been adopted as the official rules by the National Collegiate Athletic Association, by most of the college conferences, by the National Federation of State High School Athletic Associations, by the Army, the Navy and the Y. M. C. A. It is hoped that the book may be placed at the disposal of the coaches earlier than it was possible last year and with that in mind the committee has decided to set July 1st as the deadline for all pictures, records of meets and other copy which will be used in the 1928 book.

A Publicity Suggestion

So many men have been given newspaper recognition on the front pages as well as in the sports sections of the papers because they have criticized the trend in athletics that the editor wishes to

suggest if any man wishes to see his name in print, all that is necessary is for him to make certain wellknown and trite observations regarding college athletics. For the aid of those who may not know just what statements are considered news, the following leads are suggested: one sure fire enunciamento is that, "the tail wags the dog." It is not necessary to elaborate on this statement or to explain that if intercollegiate athletics were abolished the other college departments would necessarily flourish. statement that is always good for a story is that, "the side show has swallowed up the circus." The man who makes this startling discovery needs not produce facts to show whether it is true that more time and money are spent on intercollegiate athletics than on the rest of the university work. Further, to get the full effect it would not be wise for him to explain that, even if it were true that the public considers athletics of more importance than the rest of the educational work, conditions would be righted by making it impossible for the public to enjoy athletics. "Students are more interested in athletics than they are in their studies" is another notion which is a sure publicity getter, if stated in the presence of a reporter. It is surprising how many people discover this fact each year. Of course, there are those who are fair minded and who have the ability to know that it was always thus. It was so two thousand years ago in Athens and the outward manifestations of interest for the athletic contests and the class room work are still preponderantly in favor of the former. Some men realize, however, that it is possible for the people to manifest interest in athletic games and still carry on in other lines. They know that the nations, which do not go in for athletics on a large scale, lag behind many of the nations that do, even in the matter of scientific research, philosophy and art.

In these days when much attention is being given to the violation of the Volstead Act, it is easy to attract attention by sounding the alarm because graduates and others sometimes do their drinking at the football games as well as in the cabarets. Many people who read the stories about drinking homecoming times assume that, if the alumni did not return to the football games, they would practice sobriety elsewhere. Of course, most people know that the drinking of hard liquor existed before football came into its own and that the authorities in charge of athletics discourage carousing at the time of the contests.

Occasionally an athlete loses his temper and attempts to annihilate an opponent on the field or floor. Whenever this happens most any one can get publicity if he will but suggest that football leads to fighting and consequently it should be prohibited. The papers recently have portrayed at some length the account of certain fistic combats in the United States Senate. However, no one has yet suggested that the Senate be abolished because certain Senators choose to argue with their fists rather than with their tongues. If two coaches were to take things into their own hands and stage a fight on the football field the story would not only make good reading in the press of America but there would be many who would immediately move resolutions condemning football.

Relay Meets

THE promotion of relay meets throughout the United States has aroused more interest in track and field athletics than anything that has taken place since track and field became a major sport in the educational institutions. The relay meets as we know them today are splendidly conducted on time schedules, the races are thrilling and they have been liberally patronized by the public. These meets bring together not only the stars but also make possible competition for large numbers of men and boys. In some of the best known meets as many as two thousand athletes compete in the different events. From the standpoint of mass competition there is nothing that compares with these spring carnivals.

The coaches have enthusiastically supported the relay meet idea because it creates an early interest in track on the part of their athletes. Before this type of games was created, track coaches had considerable difficulty in getting their men to train seriously until the middle of April or the first of May. Now because the meets for the most part are held throughout the month of April, the boys start training in the winter and consequently the class of track performers has

steadily improved.

The man who has never witnessed one of our outstanding relay meets has something to which he may look forward. They compare with the Kentucky Derby in horse racing, the world series in baseball, the heavyweight championship fight in boxing and the traditional big games in football.

President Hopkins' Recommendations

HE daily press has recently reported President Hopkins of Dartmouth College as having recommended on account of present tendencies in football that the varsity teams should be made up solely of sophomore and junior men and further he recommends the simultaneous home and home game plan and that the coaching be done by undergraduates. President Hopkins is a firm believer in intercollegiate athletics. In his address before the National Collegiate Athletic Association, which address was reported in the February, 1926, ATHLETIC JOURNAL, he suggests that "intelligent treatment should be given for those minor ills which afflict the patient (football)." He further adds that "the patient should be placed under the ministrations of those who seek his health rather than those whose convictions lead them to desire his demise." President Hopkins without any doubt desires to correct whatever ills exist in intercollegiate athletics and cannot in any sense of the word be listed among those who would do away with intercollegiate athletics. This being true his recommendations at this time are all the more important.

While the press dispatches do not carry a full statement as to what President Hopkins considers dangerous tendencies, it is understood that he is especially concerned with the following: Football carries more influence than the other departments of the university with the students, alumni and the public, and consequently causes some to lose sight of the purposes of the university. Football has lost its status as a sport

and has a constituency that is not interested in undergraduate advantages or pleasure. Among certain evils President Hopkins mentions recruiting and bet-

ting on the games.

In President Hopkins' address a year ago, he suggested, "It is not surprising in a country where we strive to make men temperate by legislation, industrious by court decree and happy by political oratory that we should assume our ability to make men scholars by denying them the opportunity for indulging in any other interest. But arguing from analogy we lack the certainty that this would be the inevitable outcome." This is a splendid answer to the criticism that football is of absorbing interest, that the influence of the coach is greater than the influence of the other instructors on the campus and that the students manifest more interest in football than they do in their lectures. The most severe critics of intercollegiate football are those who are jealous of the fact that the public repeatedly demonstrates its interest in football and does not at the same time show a similar interest in the achievements of the different college departments. The danger is that we may delude ourselves into believing that if we depreciate the interest in football by limiting the period of competition to two years, by putting two major teams in the field instead of one and by replacing expert coaches by less efficient teachers thus we may expect to enhance and increase general interest in arts and science.

This writer agrees with President Hopkins when he states, "the standards of intercollegiate athletics are higher at the present time than ever before and conditions within are cleaner," and with another statement in which he has said, "Athletics as existent in the colleges today admittedly have their grave weaknesses, their serious evils and their unfortunate influences. Nevertheless the history of the past quarter century shows not only an eagerness but a capacity in the field of athletic control for growing evils and enhancing virtues viewed in terms of influence upon ideals of community life among undergraduates that has not been existent in other evils of human

activity within or without the college."

Undoubtedly college athletics are cleaner and better administered today than ever before. This being true there is no need for ham stringing the game or of attempting to make it less interesting because, as President W. H. P. Faunce of Brown University has said, "America will never condemn any kind of work or play because it is of absorbing interest." If President Hopkins' proposals are offered with the idea of increasing interest in football and of making more far reaching its influence, then his suggestions should be welcomed. If, however, these proposals are made with the idea of lessening the interest in football and of correcting recruiting and betting evils then there is occasion for a difference of opinion. Experience has shown that men are not made moral by legislation and also that recruiting and betting on football games can be reduced to a small minimum without removing the temptation to recruit or gamble. It may be that the simultaneous home and home game plan will prove satisfactory. If Dartmouth College and other institutions are willing to conduct the experiment the entire collegiate world will be indebted to them.

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Carl L. Lundgren, Director Room 104 Men's New Gymnasium, Champaign, Ill.

Starting from the Standpoint of the Starter

(Continued from page 12)

mark he has used either an excited, dramatic or nervous tone. If he does any of these things the tendency is to cause the men to break or to tremble or to become tense on the mark.

The starter should use the same tone of voice in all of his remarks to the men on the mark. That should be a well modulated tone of a low key and probably a little louder than the average speaking tone of voice. The tone should be about the same intensity as that used by a man in talking to a room full of people and about the same tone.

When the runners on the mark are extremely nervous, some starters before saying, "Get set," in the same tone of voice that they are using to send the men to their marks and to say, "Get set" make some other remark like "hold steady," "I am going to hold you until you are steady," or "steady," and then say, "Get set," and when the men are all set give them

the gun.

Fourth, RHYTHM. When the University of Nebraska track team returned from their trip to the Pacific Coast, where they had had a number of meets en route to and from the coast, the sprinters told the story of one of the starters on their trip who had called the men before him and said, "Boys, I want you to understand my method of starting, I say 'Go to the marks' I count one, two, three, I say 'get set,' I count one, two, three and shoot the gun."

Starting of this kind may be termed starting in rhythm and should never be used for many obvious reasons, the principal one of which is that no runner waits for the gun, but tries to leave on the rhythm beat and should his rhythm be a little fast or a little slow, his leaving the mark is either fast or slow. The successful starters after saying "Get set," look carefully over the starters on the mark. They look to see that all of the men's legs are normal and not quivering, that none of the men are settling back on their mark, that none of the men are moving forward on the mark in a "creeping start," and that none of the men's holes have been dug out so that they will slip when they start. Then instantly when all are steady, the starter should fire his gun.

The time when the men are in a position to start to the best advantage is a variable time,—sometimes one or two seconds, sometimes three or four seconds, and sometimes even six or seven seconds. If the men are not steady and in a position to go after six or seven seconds, the starter, in

justice to the men, should call them all off their marks, let them stand up a few seconds and send them to their marks again, as too long a time on the mark is almost as bad as too short a time. It sometimes occurs, when atmospheric conditions are unusual, that it is necessary to hold the men on the marks for a longer time but as a rule after six or seven seconds the men should be called off the mark.

Fifth, MENTAL ATTITUDE. There is a tendency on the part of some starters to hesitate a fraction before firing the return gun on an imperfect start. If there is this hesitation as a rule, the hesitation is prolonged and in the end the recalling gun is not fired. Psychology and the mental attitude of the starter have a lot to do with this. When there is a feeling to leave well enough alone, many imperfect starts are allowed to go. The starter should fix in his mind the fact that if the start is unfair in any particular he will fire the recalling gun. If he repeats this or the substance of it until it becomes firmly established in his mind the firing of the second shot becomes almost as mechanical as putting on the brakes of an automobile when one wants to stop the car suddenly.

Often a runner apparently set on his mark will start in the fraction of time between the pulling of the trigger and the resulting explosion of the shell in the gun. Should the runner leave the mark even in this fraction of time, he has considerable start over the other runners and the recall should be so firmly fixed in the mind of the starter that almost simultaneously with the starting report, the recall report sounds. The mental attitude to act immediately under such circumstances is difficult to acquire and it requires the firm fixing of the idea and the repetition of the thought.

Sixth, REMARKS. At the National Collegiate meeting last year one of the prominent track coaches raised the question of placing in the rules a penalty on the runner, who after coming to the mark makes some unpleasant or derogatory remark to the other runners or to the officials. In the discussion of this question, other track men and the officials felt that the responsibility of handling the men on the marks and what they said both to the other men and the officials should be handled by the starter. For a very flagrant violation of the rules of sportsmanship, the starter should immediately disqualify the runner and ask him to leave the mark. The starter should bear in mind the fact that the

responsibility for a fair start and the responsibility of the condition of the men is upon him and that disagreeable remarks by runners to other runners may affect the result of the race. The starter, by an immediate, prompt and effective handling of such remarks will not only restore the confidence of the man addressed but will dispose of any further remarks from any of the runners.

While it is true that it is unusual for much of the mucker spirit to exist in track, it sometimes creeps out and this must be handled promptly and effectively. Again boy wonders or runners from communities which have become excited about the performance of their respective champions sometimes must be handled the right way or the entire career of the boy is handicapped, if not entirely destroyed by this big-headedness. Starters can do much in conjunction with the coaches to help to destroy big-headedness and make normal runners out of

imaginary prodigies. In one of the larger indoor meets of the country several years ago, a high school marvel appeared heralded by the press and followed by the support of a small rural community. At this meet in which there were Olympic, National and International stars, this high school dash man, wearing a red cap, made himself obnoxious before his event by warming up all the time and in full view of the audience and without regard to the other runners or their events. In fact his actions were so disagreeable that his coach approached the starter and told him that the towns people, the newspaper publicity and the praise that the boy was receiving had just about destroyed his usefulness; that, unless something drastic was done, he feared that the boy's usefulness, both as a high school athlete and a college athlete was over. The starter suggested a line of procedure and volunteered to do his part to help it out. When the event in which this boy was to compete was called, in the midst of all of the men called to run in that race, he pranced up to the starter in an egotistical way and said, "How do you do, Mr. Blank." The starter looked at him as though he had never seen him before and said, "How do you do." Somewhat surprised at this reception the boy again pushed himself in front of the starter and said, "You know me, I am Blank from Blank." The starter looked him over again as though he had never seen him before and said, "Is that so, what are you, a miler?" The effect of this reception in front of all the men was beyond imagination. Before the race was run the boy had discarded his red cap, took his place ith the

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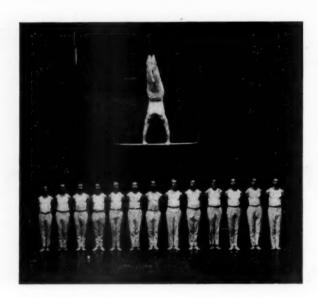
Entry blanks now available. Entries close on April 16th.

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> For information, address W. D. Griffith, Manager Ohio Relays, Athletic House, Ohio State University, Columbus, Ohio

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other starters and for the remainder of his years of competition was one of the quietest, most dependable and most effective runners appearing in the meets throughout that section of the country.

Every individual runner is a prob-lem in himself. Some need encouragement to establish their confidence and this can be given in many ways by the starter to the runners before they have taken their mark or afterwards. Some need discouragement and the most effective way to dispose of either a disagreeable or "smart aleck" runner on the mark is to reply to his remarks in such a manner that he will never dare to presume again. This restores the confidence in the other boys and is a lesson quickly learned by the transgressor.

In conclusion, there is only one other suggestion, a suggestion which applies to officiating in any sport, be it football, basketball, track, tennis or any of the other numberless sports, that is that the absolute control of the matter is in the hands of the official. If the official is to referee a football game or to start a track meet he should be the referee or the starter, his decisions should be correct, prompt, undebatable and final. He should first be sure that he is right, second prompt in his decisions and third what he says should be final and not open to argument.

The College Honor Roll in Track Field

(Continued from page 13)

Roll were in the 1925 list, which appeared in our March issue of last year. The March and May issues of 1926 contained action pictures with a study of the form used by Locke, Alderman, Russell, Phillips, Kennedy, Tibbetts, Guthrie, Dye, Grumbles, Wallace, Houser, Kuck, Gerkin, Richerson, and Northrup. The May issue of this year will contain action pictures and a study of form of the new men this year.

Basket Ball Contest Plays

(Continued from page 15)

who makes an arch or bounce pass to 5 who breaks as soon as 2 receives the ball from 1. Number 5 may now pass the ball back to number 2 who comes down the side line or who may pass it to number 3 while he is still in the air. Number 3 may pass to 4 who is breaking for the basket as indicated or may tip the ball back over his head to 2. If number 4 gets the ball, he may dribble in for a shot or may pass to number 2.

Another New Record

Cranston R. J. The Draper-Maynard Co. Feb 3, 1927 Plymouth, n. H. Dear Sirs: iately one of the G-75 X model Freders gloves, and I want the heavy leather, with wide leather tab between themboard fore finger. Please send C.O.D.

hung this model glove last season at chortestop for the Chicago Club (National league) enabled me to break the fielding record for national league thortestops with the high average of 972 in 141 games.

It is by far the best glove I have ever used and might state I am a veteran of a dozen seasons.

My team "Chicago Cubo" leaves for Catalina I seand, Cal. on Feb 24 th, so would like to dozen the glove before that time.

have the glove before that time. Thanking you for past favors, I am

Sincerely yours Jim Cooney "Cheago Cubo"

Goes to

Im Cooney of the Chicago "Cubs" broke the National League record for shortstops with an average of .972 in 141 games. Jim says, "Your model G75 is by tar the best glove I ever used."

Hugh Critz, Cincinnati Reds, broke the National League record for second basemen with a D&M during 1926. Now Jim Cooney writes he broke the record for shortstops.

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Changes in the Football Rules

By John L. Griffith

HE changes suggested by the football rules committee at a meeting held in New York, March 4th and 5th, are neither drastic nor revolutionary and on the whole should make for the attractiveness of the game. The new regulation which states that on kicked balls other than kick-offs, kick from fair catch or kick following a safety, if legally recovered by the kicking side, before it has passed into the possession and control of the other side, will be declared dead at the point of recovery, will result in more punts being caught and run back. This on the whole is a good thing. Many coaches in the past have coached their quarterbacks not to attempt to catch punts under certain conditions realizing that if a punt were fumbled, the opposing ends would have a good chance to recover and score a touchdown. The suggestion that backward passes will be placed in the same category as forward passes and if when the ball is passed backward, it strikes the ground, it will be ruled dead, means that lateral passing and spread formations of one sort and another may be expected. While this rule is a good one and will develop initiative on the part of the coaches and players, enhance the open features of the attack and thus also make possible more effective line bucking, it is doubtful if this will revolutionize the game to any marked degree. A number of institutions in the past have attempted to introduce the English rugby feature of backward passing into the game and most of them have abandoned it. Possibly if some coach would stick to it, he might develop a running backward passing offense that would net satisfactory results.

Glenn Thistlethwaite and Knute Rockne have been suggesting for some time that the penalty for an illegal shift should be fifteen yards instead of five. The chances are that the new penalty will in a large measure restrict illegal shifting. The committee recommends that a full second must elapse between the shift and the passing of the ball. This will be largely a matter of judgment on the part of the officials but the coach will instruct his players not to take chances if he knows that they are to be penalized fifteen yards if they do not come to a full stop.

The change which will result in placing the goal posts on the end line instead of the goal line is a good one.

This will remove the hazard of passing and kicking when close to the goal or behind it. It will, of course, mean that teams, which heretofore tried for a goal on fourth down on the forty yard line, will not do so unless on the thirty yard line or closer. In other words you may expect to see more forward passes and fancy plays instead of attempted goals from the field when a team is near the goal and has not made satisfactory yardage on first or second downs. The suggestions that players may not huddle for more than fifteen seconds and that there must not be more than an interval of thirty seconds between plays will tend to speed up the game but place more of a burden on the officials. One objection frequently raised to basketball is that too much depends upon the judgment of the officials. The tendency in football is to place more and more responsibility on the officials, a tendency which is not in the right direc-

The Western Conference for several years has had a special rule regarding taping of the hands and the use of pointed cleats. The committee has wisely adopted these. Another rule adopted by the committee which has been enforced in the Conference for a number of years is the one that provides that the two minute interval for an injured player may not be extended. If a player is injured so badly that he requires more than two minutes he may take time out a second time but the opposing captain will not be permitted to extend the time for him.

It is to be hoped that the committee charged with the responsibility of preparing the copy for the new rule book will re-word some of the rules so as to clear up the confusing situations that arose last year. Several difficulties that resulted from lack of clearness in certain points in the rules, were discussed in the December number of the ATHLETIC JOURNAL.

It will not be possible to give the coaches the exact wording of the new rules until the books are printed this summer. The Football Coaches' Association and the National Collegiate Athletic Association which copyright the rules have taken steps to have the rules placed on the market earlier this year than formerly. The following rules changes it will be understood are not couched in the language in which they will appear in the book due to the fact that the exact wording of

these changes has not yet been made.

1. When a kicked ball other than kick-off, kick from fair catch or kick after safety is legally recovered by the kicking side before it has passed into the possession and control of the other side, it shall be declared dead at the point of recovery.

An incompleted backward pass will be ruled dead the same as an in-

completed forward pass.

3. The penalty for an illegal shift will be fifteen yards and a full second must elapse between the completion of the shift and the snap of the ball.

4. The goal posts will be set in the end line and on a try for point after touchdown the ball will be put in play

on the three yard line.

5. A team will be permitted to take time out three times in a half instead of four times as in the past. As formerly, if a player, for whose benefit time was called, is removed from the contest, time out will not be counted. The referee may suspend time out any time.

6. If players remain in the huddle more than fifteen seconds, the team will be penalized five yards for unnecessary delay of the game.

7. After the referee has placed the ball in position, if a team delays more than thirty seconds in putting the ball in play, it will be penalized five yards for unnecessary delay.

8. No delay of more than two minutes may be taken for an injured

player.

9. If during the last two minutes of each half many substitutions are being made the timekeeper will not stop his watch.

10. The players may not tape their hands with electric or bicycle tape to the extent that the bandages will injure opponents and the use of conical cleats, the points of which are less than \(^3\)\s of an inch in diameter, or oblong cleats that do not measure at least \(^1\)\s of an inch is prohibited.

11. In case acts are committed by an individual or individuals on the field of play, the referee may order the play to be played over again, award a touchdown or safety or render any decision that he thinks justified.

12. The second incomplete or illegal pass in a series will call for a five yard

penalty.

13. The committee suggests that teams may agree to play 160 plays per game or forty formations each (Continued on page 26)



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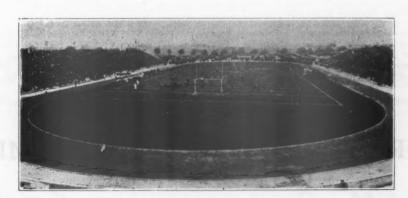
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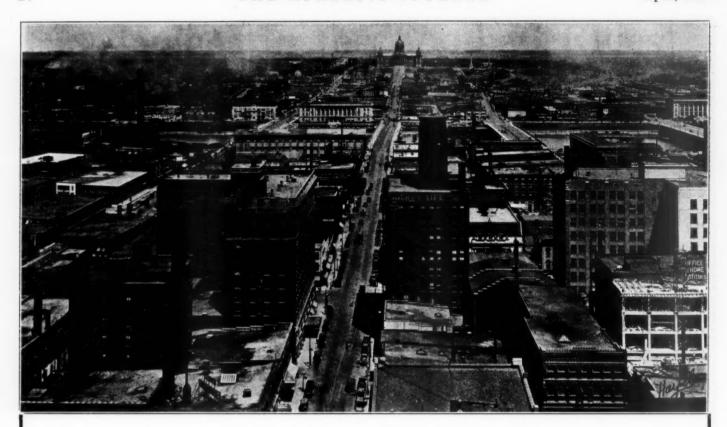
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Changes in the Football Rules

(Continued from page 23)

quarter, but this procedure will not be obligatory.

14. In the case of an intentional fumble out-of-bounds, the ball will go to the side whose player fumbled at the point where he lost control of it.

15. The Western Conference plan of making all officials responsible for rules interpretations was adopted.

16. The committee recommends that in junior high or elementary school games, the periods should not exceed eight minutes.

17. If a player tackles an eligible forward pass receiver in the last few minutes of play, the offended team will be entitled to another play regardless of whether time is up or not.

18. A guard will not be permitted to carry the ball under any circumgtances

A Summary of Western Conference Basketball

(Continued from page 14)

for the dribbler to manuever in. This system was very successful.

In regard to the defensive tactics used, practically all teams used some style of the five man defense, either a combination zone and man to man defense or straight assigned man to man game. The teams using a zone defense had difficulty when the delayed offense was used against them.

In the assigned man to man defense, the team usually swung back quickly when they lost control of the ball, into a three and two line. As their opponents came down the floor they picked the player they had been told to cover, and stayed with him until the opponents lost the ball. This system of play required a tremendous lot of individual coaching on the technique of guarding and was more difficult to play than the zone style of game where a player covers a certain section of the floor. Sometimes when the opponents had an especially fast dribbling floor guard and depended entirely on his bringing the ball down to the front line of defense, the two forwards went down the floor, tried to cover the dribbler and endeavored to stop him before he could get under way. Or if their opponent's style of play depended entirely on a system of timing, it was the duty of the two forwards to throw the key man off.

Sometimes when the opponents had a clever and fast dribbler but one who had trouble stopping and passing back when he got under way, the following method was used. Practically assured that this dribbler was the key man of the offense in advancing the ball, the front line let two offensive men go by them, knowing that the second line would cover these opponents; the front line then held until the dribbler came near; the three men darted in and surrounded the dribbler and got, in the majority of cases, a held ball or the dribbler called for traveling and gained possession of the ball at the side line. This idea was worked out very successfully. Of course there was some danger when a player got loose along the side line and the dribbler was stopped before he could be surrounded and back pass; a pass was then made to the player loose along the side line and he dribbled in for a shot before he was covered.

On account of the scouting systems which are used in the Western Conference, a coach had to have an offense and defense that could be shifted easily in order to throw his opponents off or upset their plans. A coach was very fortunate who could shift his forwards and guards.

In regards to plays at the tip off, a majority of coaches were glad to get possession of the ball at the tip off. Only when a team was sure of the ball every time, did their teams try to work plays. Most of the teams tipped the ball in the air and did not try to bat it certain places. The forwards and the guard went high in the air after the ball.

Out of bounds plays were less used than in any other year. The ball was brought in faster from out of bounds a great number of times before the other team could get set.

One play that was used more than usual was the following: a player who had the ball out of bounds near his basket tossed the ball fairly high in the air and had a team mate rush in and jump and try to bat the ball in the basket.

Back board play was harder at both ends of the floor than in the past years. There was a terrific drive both offensively and defensively. Great emphasis was placed on this style of play. There was a tremendous amount of accurate long shooting which meant that the front line of the defense had to move out farther.

The Texas Amateur Athletic Federation, which was organized last year and conducted baseball very successfully, has just wound up the basketball season with a number of championship tournaments. Mr. Koger Stokes, Secretary, writes that all members will now promote amateur baseball.



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The Program for the Gymnasium Period

By C. F. Weege, M.D.

T is difficult to lay down a rule regarding the programs for the gymnasium hour, but there are a few suggestions that might be helpful. In order to offer these suggestions I have added a number of programs, which are numbered for convenience. Personal inclinations and equipment are always the main guiding features in the planning of a program. An important element of success is born at the instructor's desk at home; the program should be worked out carefully, planned to include all phases of physical education. The instructor should know in advance what he is going to do; it is well for the beginner to have his exercises written out. A more experienced instructor may merely indicate the theme in advance, for example: calisthenics; leg exercises, lunging; arm movements, circling; trunk exercises as fit, or leg exercises, bending of the knees on first movement; step position on second; arms striking; trunk as fit, notice trunk exercises as The writer believes that a lesson without trunk exercises is a grave error, but as the movements are limited, they must be added to the arm and leg exercises with the natural flow of motion. By natural flow of motion I mean that as you bend, you turn the trunk in the direction of the leg and arm movements. Of course there are many exceptions. Some exercises are powerful and natural and do not follow in that direction, but I am not writing for the artists, the old masters and creators of dreamy compositions of rhythmical expressions about the perfection in strength, beauty and grace.

Another point I want to call to your attention is this, that calisthenics embrace all the free exercises with dumbbells, wands, Indian clubs or any other hand apparatus. Furthermore the often sneered at or at least only "sourfacedly" tolerated free exercises have frequently been a welcome and pleasant variation. I would plan very carefully the play period, free exercises and games of Program 8. These should be substantial vigorous movements, built up so that the pupils become interested without much coax-At the end of the lesson the pupils have had a good workout and are sufficiently warmed up that they do not scoff at a breathing spell. Even at the risk of being called old fashioned, permit me to state, that

sixty boys have been worked the full fifteen minutes period. Every muscle of their bodies have had their share of vigorous work, every organ has been thoroughly stimulated and you have boys who enjoy the healthy glow of physiological increase of blood supply and respiration. Of course during football practice after school hours, you may have to work the boys till they are "all in" as the phrase goes. But in the gymnasium lesson your aim is to prepare them better for the rest of their day's work. They may have several heavy studies after their gymnasium lesson and, if you did your work right, they will be better prepared, mentally and physically, for a few hours of hard grind. It may be of interest here to note that a great many business houses have their office forces go through a few minutes of free exercises daily.

Now to come back to the day's programs as outlined above: Number 1. The last section has reported that all are present. We have three minutes for limbering up. We first command four to six snappy facings. By snappy facings I mean that the instructor has every left or right face executed with precision and according to military code, but with no hurrying, I have seen men give the commands, "Left face, right face, right face, left face" as fast as they could say it. The result, at best, is only a confused Quite often, however, such work is looked upon and treated as a joke, and then there is danger of not taking the whole lesson seriously and discipline suffers.

The next interval is given over for free motion. I generally make these exercises of a corrective nature; vigorous shoulder movements; simple but perfectly executed trunk exercises, leg movements under perfect balance; for instance, roll the shoulders, the arms hanging loosely at the sides, the shoulder blades touching at each backward motion; or, circling of the arms, arms in sideward position, palms up; in upward position they must touch the ears. As it woud take us too long to give each exercise, it must suffice to hint as to the kind of movements. For leg exercises, the following may be given: kicking, lunging, bending of the knees, hopping on one or both feet, and running. After a few trials, it is soon learned that a great amount of work may be done in five minutes.

The Program No. 1

Free Play.

Alignment-8 to 10 minutes.

Roll Call.

Limbering up exercises—3 to 5 minutes.

Apparatus work-15 minutes.

Game-15 minutes.

Dismiss and get ready for next study-2 minutes.

No. 2

Free play and roll call-8 to 10 minutes.

Limbering up—3 to 5 minutes.

Tactics-5 minutes.

Track and field work-15 minutes.

Game-10 minutes.

Dismiss-2 minutes.

No. 3

Free play and roll call-8 minutes. Limbering up-5 to 7 minutes.

Game-30 minutes. Dismiss-2 minutes.

Free play and roll call—8 minutes. Calisthenics-10 minutes.

Apparatus work-15 minutes.

Game-8 minutes.

Dismiss-2 minutes.

No. 5

Free play and roll call-8 minutes. Limbering up-3 to 5 minutes.

Tactics—8 to 10 minutes.

Game-22 minutes.

Dismiss-2 minutes.

No. 6

Free play and roll call-8 minutes. Limbering up-3 to 5 minutes.

Track and field work-20 minutes. Game-12 minutes.

Dismiss-2 minutes.

No. 7

Free play and roll call—8 minutes. Limbering up—3 to 5 minutes. Apparatus—15 minutes.

Track and field work-17 minutes. Dismiss-2 minutes.

No. 8

Free play and roll call—8 minutes. Calisthenics—15 minutes.

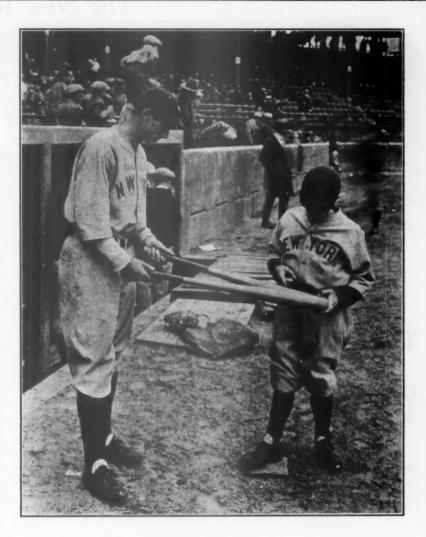
Game-20 minutes.

Dismiss-2 minutes.



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The New Idea in Baseball

By John L. Griffith

HE Journal has at different times suggested that certain fundamental changes were taking place in the national game of baseball. There is hardly a town or city in the United States that at sometime or other has not maintained or tried to maintain a professional baseball team. In some cases all of the members of the team were paid, in others only a few of the best players were guaranteed salaries and in other instances the men divided the profits of the game if there were any profits. Almost without exception every town that has tried this plan has lost money, the directors have become disgusted and there are fewer and fewer attempts being made now to conduct baseball on a professional basis outside of the organized leagues.

This might at first thought seem to mean that baseball was passing out and that it would be supplanted by golf, tennis and other summer games. Instead of being disastrous to baseball, however, the movement on the whole is in the right direction because these same cities that heretofore put considerable money and effort into paid teams are now giving their attention to amateur leagues and teams of various sorts. writer was speaking the other day to a man who formerly was one of the directors of a professional ball team in southern Iowa. This man stated that some fifteen or twenty cities in that part of the state that previously had imported players and attempted to pay them salaries for playing baseball had discontinued the practice and that the majority were now organizing municipal leagues of one sort or another. It has been demonstrated over and over again in the colleges that it is possible to maintain highly organized athletics in the form of intercollegiate teams and at the same time to develop athletics for the others who are not good enough to play on the varsity teams. For some reason or other, however, when a town or city devotes its attention to the town team made up of salaried players the home talent is almost universally neglected. Why that should be is not easily explained but the facts remain that in most cases it works out in this manner.

In the March Journal under the heading "The Under-Emphasis on Baseball" it was shown in what manner baseball was now being promoted by the colleges, the high schools, the

American Legion, the Y. M. C. A., Playground Association and by other organizations. Possibly the greatest progress is being made in the large cities where recreation departments of different kinds are maintained. Minneapolis has been one of the outstanding cities that have promoted baseball successfully. In that city over one hundred and fifty teams were The teams played Saturorganized. days and Sundays under municipal In Minneapolis the supervision. games are practically self-sustaining and are financed by the teams themselves. Box scores are kept, papers give the games splendid publicity and everything is done to promote the game purely for the love of the sport itself. In that city in 1926 something like six hundred thousand persons witnessed the municipal games. Mr. W. H. Fox, Director of Baseball for the Board of Park Commissioners, states that he had very few protests and very few complaints. He adds, "The game is marching along in a very gratifying and successful way with clean deportment and the entire absence of wrangling with the umpires." In Minneapolis there are between twenty-five and thirty diamonds in the park system, all of which are used throughout the summer. There the season opens about May 1st with a big parade with several hundred trucks in line.

Cape Girardeau Baseball League

As an illustration of a type of baseball league in the smaller centers the following information regarding the municipal baseball league of Cape Girardeau, Missouri, is herewith presented. Mr. James A. Arnold, supervisor of the league, tells the story of the league as follows: "In the beginning many were inclined to joke about our effort to promote a municipal baseball league. We had figured that our expenses would be about three hundred dollars but last year we collected nine hundred and seven dollars by passing the hat at the games. We played in all seventy-four games before some six thousand spectators. At first very few women and children attended the games but by the close of the season we had as many women as men spectators. Our games were played in the city park which was hardly big enough to provide parking space for the cars. The collections at first ran from four to eight dollars per game but they increased as the interest developed. We ran our schedule in a businesslike way which made a hit with the town people. The league was sponsored by the Chamber of Commerce and something like one hundred fifty boys and young men participated."

The American Bohemian Alliance Baseball League

In Chicago a league sponsored by the American Bohemian Alliance has been highly successful. Some items regarding the administration of this league last year may be helpful to others who are interested in promoting amateur baseball. This league is composed of fifteen teams, nine senior and six junior teams. The Bohemian Alliance at the start of the season contributed two hundred dollars and this, with the three hundred dollar surplus left over from the previous season, furnished sufficient money to start things out. Each senior team was charged twenty-five dollars entry fee and each junior team fifteen dol-Further, each player pays lars. twenty-five cents for registration. The league furnishes the baseballs and pays the umpires' fees. equipment for the teams is furnished by the organization which the team represents and the organization also pays the entrance fee. Three hundred and sixty players had a part in the games last season. The officers of the league received no compensation, the players are not paid for playing and all of the money taken in goes toward the promotion of the sport.

At the end of the 1926 season the winning teams were given a banquet at one of the Chicago hotels which was attended by a great many fans. At this banquet the trophies and prizes were given to the teams and the individual players. Mr. E. S. Neuzil, 37 South Wabash Avenue, Chicago, is president of the league, much of whose success is due to his hard work. The object of the Bohemian District Alliance is to further the welfare of the boys of the families in this organization.

The May Athletic Journal will contain an account of the results of the National Interscholastic Basketball Tournament as well as an analysis of the different types of play used by certain outstanding teams. The Journal would like to publish as a matter of record the results of the finals in the different state tournaments and requests that these records be sent to the Journal with the following information: where the final tournament was held, the date and the scores in the last three or four final games.



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News From the State High School Athletic Association

The Indiana High School Athletic Association bulletin of January 4th under the head "Withdrawal of Teams" touches upon a very important phase of athletics.

The Board of Control of the I. H. S. A. A. deplores the action of anyone withdrawing a team from an athletic contest and announces that such action in the future will jeopardize the standing of the school taking such action in the I. H. S. A. A.

This declaration was unanimously made by the Board of Control in a meeting on December 18, 1926. The Board is of the opinion that good management, careful selection of officials and proper attitudes of all concerned will soon put an end to the withdrawal of teams from games. Principals should manage and act, coaches should coach and act and officials should officiate and act in ways that will make such action unnecessary. The Board considers all of these parties responsible in all games.

The Board of Control list their reasons for the above declaration as fol-

lows:

1. Partly played contests are unfair to the public that has paid to see complete games.

2. Athletics receive a "black eye" as a result of partly played contests.

3. Withdrawal of a team from a contest settles nothing at all and is not a remedy for anything.

4. A forfeited game has little to offer to the winning team, and no credit can be given to the losing team.

5. The decisions of officials must be considered as final, else our games are lost.

6. Officials are agreed upon by the competing schools and an official that is good enough to "win with" is good enough to "lose with."

7. In cases of dissatisfaction at a contest surely the Principals, Managers, Coaches and Officials can reach agreements without a withdrawal of either team.

A state swimming meet was held at the athletic club, Columbus, Ohio, February 26th. Events were limited to the 160 yard relay and the various diving contests. The second annual Ohio High School Gymnastic Meet was held at Ohio Wesleyan University March 26th.

The Directors of the Ohio High School Athletic Association cautioned the members of this association not to permit their schools to take part in independent meets which are not authorized or approved by the state board of control. The board voted not to sanction any independent basketball tournaments of any kind for this year.

The Wisconsin board of control sanctioned a state high school skating meet held under the auspices of the University of Wisconsin on January 22nd.

The thirty-third annual Wisconsin interscholastic is to be held in Madison on May 21st. The ninth annual state high school tennis meet will be held on May 20th and 21st and the third annual swimming meet on May 20th.

The Michigan State Basketball Tournament was held March 24th, 25th and 26th in Detroit.

A recent bulletin of the Michigan High School Athletic Association prints the minutes of the meeting of the National Federation Committee on Rules and Records which may be of interest to high school men. Following are the minutes:

The Committee on Rules and Records of the National Federation of State High School Athletic Associations met at the Sherman Hotel, Chicago, at 9:15 A. M., Saturday, November 27, 1926. There were present: Messrs. O. E. Smith, of Anoka, Minnesota; A. W. Thompson, Lansing, Michigan; Geo. A. Brown, Des Moines, Iowa; and the Secretary, C. W. Whitten, DeKalb, Illinois.

It was moved, supported, and carried:

That in the matter of records antedating the work of this committee it be the policy of the committee temporarily to accept records that appear to be authentic and leave them in the list as authentic until, upon investigation, they are found not to be authentic or until other records are substituted for them by this committee.

It was moved, supported, and carried:

That the quarter mile relay record of 43-5/10 seconds applied for on behalf of a team consisting of George Simpson, William Simpson, Theo. Fallon, and Chas. Armstrong by East High School of Columbus, Ohio, be accepted provided the secretary finds the conditions of the competition were completely in accordance with the terms of the N. C. A. A. rules.

It was moved, supported, and car-

That the half-mile relay record of one minute 30-8/10 second applied for on behalf of a team of East High Columbus be accepted.



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Discovering Athletes

By Frederick Rand Rogers

(Continued from March)

PART II

The Athletic Index

A-The Reliability of the Strength Index.

In Part I the Strength Index was described and its validity as a measure of general athletic ability was proved both by experimental-mathematical procedures and by comparing the Strength Indices of athletes with those of the group from which they were chosen.

A single question remains to be answered concerning the Strength Index: Is it a reliable measure?" That is, will second and third tests of a boy or man yield new indices like the first index? May Strength Indices be relied on to be accurate measures?

To discover the reliability of strength test scores (which in fact. have been questioned often) the writer gave two series of tests to 150 individuals, the first in May-June, the second in September-October. Scores from the two series were then correlated. The correlation coefficient or "index of reliability" of the Strength Index was found to be +.94, and the

correlation ratio +.96.

These "self-correlations" are higher than those for almost any valid mental capacity test in existence. When it is remembered that four months (and summer vacation) intervened between the first and second series, when the relative physical capacities of individuals must have changed somewhat, the conclusion is justified that the true coefficient of reliability of the Strength Index is certainly above +.95 and is probably nearly +.98.

This extraordinarily high self-correlation may be doubted until it is remembered that correlation coefficients between the S. I. and athletic ability ranged up to +.85. This would be impossible if either of the correlated factors had a reliability coefficient lower than +.86.

The conclusion is justified, then, that if the strength tests are administered by competent testors, the reliability of indices resulting may be accepted without question.

B-The Physical Fitness Index

The second index used in calculating the Athletic Index is the Physical Fitness Index. This latter index is exactly what it is called an index of the fitness of muscles to keep going, to continue their functions regularly under strain. The basketball player, the Rugby football player and the track athlete especially need indurance. American football players need endurance only to a slight less degree than do these others.

The S. I. is a measure of endurance, but not accurate enough for coaches. Thus, a 200-pound man may score 2,500 points, yet be in rather poor physical condition from the standpoint of a coach, while a 140-pound man may score 2,300 points and be in superb condition.

C-Make-Up of the Physical Fitness Index

Without going into details, the Physical Fitness Index is a score derived from dividing an achieved Strength Index by the "Normal Strength Index" of an individual of the same weight and age.

To determine the physical fitness of a potential athlete then, all that is necessary is to find, from a table of norms, what S. I. he should achieve, and then see what proportion his achieved score bears to this normal score. For example, if John Jones is nineteen years and three months old, and weighs 165 pounds, his normal S. I. is 2,382 points. If he achieves a score of 2,512 points his P. F. I. = 2512

= 1.06 or 106 (for the P. F. I. 2382

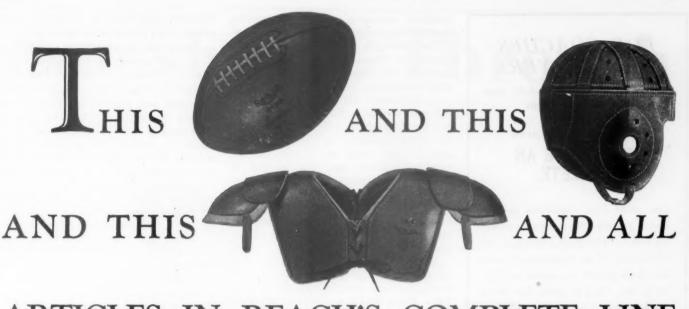
is actually 100 times the quotient found by dividing an achieved score by a "normal" score, or "norm."

It is unnecessary to describe here the method of determining the normal scores for all ages and all weights. The accepted method was adopted only after a thorough analysis of the subject in which several standard statistical procedures were used. The general reader will be interested in these discoveries, however.

1. The chief determiner of strength is body weight.

2. The second most important determiner of strength is age.

3. Weight contributes twice the elements determining strength that age contributes. This is especially significant because many tables of norms for physical ability tests are prepared for age alone. If they had been prepared for weight alone they would have been much more valid and accurate. Age and weight together contribute half of the elements which de-



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termine strength. Other elements include especially training activities. (The Strength Index measures the effect of these training activities, modified by disease or deformity or even temporary illness.)

4. If norms are adjusted to both age and weight, a further adjustment for height adds less than one per cent to their validity. Therefore, when norms have been calculated for all combinations of age and weight, a further adjustment to height is useless.

5. "Normal Strength Indices" increase more points for an increase of one pound of weight than for an increase of three months in age.

6. Physical Fitness Indices (of those who are fit enough to take the strength test) range between 50 and 180. From 60-70 per cent of all high school boys will range in P. F. I. between 90 and 110. College students will range slightly higher. Those with P. F. I. below 80 need special attention by the the physical education departmental staff. Those with P. F. I. above 120 may safely be excused from formal exercises in physical education.

7. Most athletes have P. F. I's ranging from 100 to 120. Their physical fitness is always relatively high, but seldom excessively high. Athletic ability seems to be determined more by crude strength than by physical fitness.

E.—Significance of the Physical Fitness Index

The reader will best understand the significance of the Physical Fitness Index if he pictures to himself a subject whose strength has been carefully assayed. Suppose this subject is well-built, is nineteen years old, and has no superfluous fatty tissue. His strength score is now compared with that of a "normal" individual of the same age and weight. What does the P. F. I. signify? Why, obviously it signifies primarily the condition of the muscles at the time of the test—the muscle tone.

Moreover, it indicates the general functioning of vital organs. A high P. F. I. indicates that the heart has been successfully meeting an unusual strain, for muscles cannot be strengthened except by exercise—and exercise means heart action. Likewise a high P. F. I. indicates at least fairly efficient digestion, respiration and elimination.

Again, a high P. F. I. indicates high neuro-muscular skill relative to the age and weight of the subject. It proves him a high-class athlete for persons of his age and size. This means that the P. F. I. measures, in-

directly, experience in games for most school boys and men in America.

There will be exceptions. The high P. F. I. man may be a hot-house athlete, a gymnast, or an ice-carrier.

On the other hand, a low P. F. I. indicates bad present physical fitness—poor "condition." The fat boy or man usually cannot achieve a P. F. I. above 90, for his fat is penalized as muscle tissue and his normal S. I. rises beyond that of a successful athlete. Thus, the normal S. I. of a boy nineteen years old and 200 pounds weight is 3091. Such an S. I. may be scored by one high school athlete in 5,000 high school boys or one college athlete in, perhaps 300-500 college men.

A section of a skeleton table of norms is given in Table V. A complete table may be used in practice, with normal S. I. given for cases at intervals of two pounds in weight and six months in age.

Table V

Strength Index Norms and Multipliers for Certain Ages and Weights.

•		Normal	Weight	
Age	Weight	Strength Index	Deviation Multiplier	
17-0	135	1662	19.9	
17-6	140	1786	20.3	
18-0	140	1810	20.5	
18-6	145	1935	20.6	
19-0	145	1958	20.6	
19-6	145	1981	20.6	
20-0	145	2004	20.6	

To calculate the normal S. I. for any weight above or below that given, multiply the "weight deviation multiplier" by the number of pounds above or below the weight given for the age, and add or subtract the result from the normal Strength Index given for the age desired.

F.—Combining the S. I. and P. F. I.

The value of the P. F. I. as an adjunct to the S. I. in predicting athletic ability will be best understood by citing examples.

Consider these cases:

1. A-B a boy of 18 years and 160 pounds. His S. I. in the fall strength test is 2300 points. The normal S. I. for boys of this age and weight is 2220 points. His P. F. I. is therefore 2300

______104. If we add the P. F. I. to

the $\frac{S. I.}{10}$ the total is 230+104=334.

2. C-D another boy of 18 years and 180 pounds. His S. I. is 2300 points. His normal S. I. is 2630 2300

points. His P. F. I. is therefore 2630

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=87. Adding $\frac{S. I.}{10}$ + P. F. I. we have 230+87=317.

Now compare the relative present worth of the two men. Both have the same strength to use in controlling their bodies. But the larger man cannot move so fast or persevere so long as the smaller man. Mere bulk is a handicap. The larger man has twenty pounds of it. The P. F. I. penalizes him for his handicap and the added total of the two indices indicates the smaller man as the better athlete.

One point should be made before leaving this section. The reader will ask "has not the larger man a better chance than smaller man to build up a greater strength during an athletic season?" That is, cannot he raise his S. I. to, say, 3000 while the smaller man raises his to 2700? The answer is that but few athletes now have P. F. I.'s far above 100 while it is possible to raise one's P. F. I. at least 140 by proper training. Both men considered in the example are so far from their limits that the greater capacity of one of them is insignificant (over a short training period) in the race for self-improvement.

Two morals may be derived from this discussion. First, during the next year or two at least the coach need not fear that he will discriminate against larger men out of condition by giving preference at the beginning of the season to smaller men in condition. Second, the larger man who desires to make the team will do well to begin his training period much earlier than the beginning of the athletic season if he hopes to capitalize his natural advantage. Delivering ice is one device, which even smaller men use to prepare themselves for preliminary practice.

G .- The Intelligence Quotient

The third and last of the component indices used in computing the Athletic Index is the *Intelligence Quotient*. The two indices already discussed are not measures of mental ability to direct the strength or to use most efficiently the reserve energy they do discover.

Mental ability is a quality often ignored by coaches until too late; they can save themselves many disappointments by discovering, before the season has begun, the mental ability of the individuals they try to teach. Some persons simply can't be taught. The coach of tomorrow will assay the brains he trains as carefully as the muscles he develops.

The Intelligence Quotient as an index of mental ability is too well known to need description here, but a brief review is given for the sake of those who are unfamiliar with its

The Intelligence Quotient is the quotient resulting from dividing an individual's mental age (as measured by his achieved score in a mental test) by his chronological age. Intelligence Quotients range between 90 and 130 for most high school athletes and probably between 110 and 140 for most college athletes.

The average high school athletic team's Intelligence Quotient averages about 105-110. But this figure is too low. Coaches have great difficulty in determining intelligence from performance, and often make the mistake of preferring mere bulk to brains. Those who use the I. Q. in discovering athletes will have much more reliable teams

Mental capacity to think—to memorize, to reason, to see relations quickly and accurately, is not measurable with nearly the same degree of accuracy that physical capacity is. However, the coach who would predict his team's mental capacity to assimilate and use information should not fail to give a group mental test at the beginning of every season. One complete test is supposed to tell a story which holds true for many years, but the average between several tests is even better.

By far the best test for the use of high school and college athletic coaches is the Otis Self-Administering Group Test of Mental Ability.* Directions for its use and for computing Intelligence Quotients are complete and easily followed. A student assistant can administer the test to a group of several hundred boys or men simultaneously. About five minutes are required for preliminaries and thirty minutes for "taking the test." Tests can be scored and Intelligence Quotients computed at the rate of one per minute. Its coefficient of reliability is also very high (between +.92 and +.94). The validity of the Otis Self-Administering Test is good.

Correlations between intelligence tests and achievement in school (or life outside of school) are usually low (between .40 and .60). But the failure to achieve higher correlations is very largely due to failure of students to use their powers, and to absence of "winning personality" factors in many high Intelligence Quotient individuals. But these comparatively unsatisfactory results should not deter the coach from making use of the best which exists.

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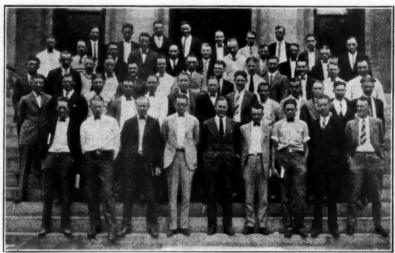


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H.—The Athletic Index

"Discovering athletes" depends primarily on discovering their general athletic ability, their endurance, and their mental capacity to direct and conserve these forces.

To make these discoveries in a group of 50 or 500 or 5000 potential candidates for a school team the coach is offered the Strength Index, which has been proved a highly valid and reliable measure of ability to run, jump, vault and "make" and star on school teams; the Physical Fitness Index, which measures muscle tone and endurance; and the Intelligence Quotient, which measures mental capacity. All that remains is to combine these into a single index to render easier the comparison of different individuals.

The reader is offered the following Athletic Index as a valid measure of "potential present athletic ability in team game competition":

- 1. Strength Index, divided by 10 plus
- 2. Physical Fitness Index plus
- 3. Intelligence Quotient

The sum is, of course, the Athletic Index.

This Athletic Index is a general athletic index. The relative weights given each of the three indices is open to modification for various sports. For track and field competition perhaps, the Intelligence Quotient should be divided by two, for American football perhaps the Strength Index should be divided by five instead of ten.

A few examples are given here to illustrate the effect of various factors. The reader should study each example to gain complete insight into the significance of the situation de-For example, Intelligence Quotient 120 means "a potential athlete with a good brain." Physical Fitness Index 90, means "poor condition-poor endurance." Strength Index 3000 means "strong as a bull." Athletic Indices of successful high school athletes will range between 425 and 500, and of successful college athletes, between 450 and 600. The examples given are all of high school athletes. These are records of actual cases. About five per cent of all high

^{**}Bureau of Publications, Teachers College, Columbia University, New York City.

school boys will achieve Athletic Indices above 420, and one in 100 will score above 475.

1. M-H was a three-sport athlete who had tied the world's interscholastic record in the fifty yard dash for the 120 pound class. Age, 17 years; weight, 112 pounds; I. Q.—117; S. I.—1763; Normal S. I.—1304; P. F. I.—135. His A. I.—428, though he was eighteen pounds lighter than the average seventeen-year-old.

2. I-P was a star in every sport. His record in the discus throw in high school was 135 feet, for example. Age, 17-6; weight, 172 pounds; I. Q.—116; S. I.—2680; Normal S. I.—2432; P. F. I.—106. His A. I.—490. This boy may become an Olympic champion.

3. G-S was captain in two sports in a large high school and holds State Track Meet records in both hurdle races. Age, 18-11; weight, 160 pounds; I. Q.—108; S. I.—2519; Normal S. I.—2267; P. F. I.—111. His A. I.—471.

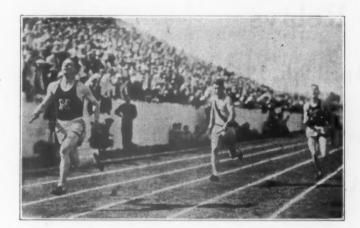
4. C-F was a second string man for three years. His unusual record in the strength test brought the notice of the coach, who found him when placed in the first team, to be a very valuable athlete. Age, 16-6; weight, 138 pounds; I. Q.—128; S. I.—2175; Normal S. I.—1698; P. F. I.—127. His A. I. was, therefore, 472. This boy may become a leading college athlete in track or basketball, especially. I.—What the Athletic Index Does Not Measure

The Athletic Index assays and combines into a single rating physical capacity (which means general athletic ability) physical condition (which means endurance) and mental capacity (which means ability to direct the physical machine intelligently). But two important attributes of successful athletes are measured only inadequately. These are the organic condition of the heart and the moral qualities of cooperation, courage and perseverance. They will be discussed briefly.

Estimates of Cardiac Efficiency

The Physical Fitness Index does measure heart and circulatory efficiency, but only indirectly. If the efficiency of the circulatory system could be accurately measured and reduced to numerical scores, and if these scores did not correlate closely with Physical Fitness Index scores it would be desirable to add such scores to the others used in determining the Athletic Index. The writer does not anticipate, however, that such a procedure will add much to the validity of the Athletic Index. Those subjects whose hearts are weak or diseased will fail in the strength test and thus

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Estimates of Moral Efficiency

A complete estimate of competitive team game athletic ability must include measures of habits and attitudes of cooperation, courage and perseverance. The latter two are measured to some extent in the Strength Index and Physical Fitness Index, though certainly these measures will not correlate very closely with any moral attribute. Possibly the correlation coefficient between courage and the Strength Index is as high as between weight and athletic ability. Possibly that between perseverance and the Physical Fitness Index is higher. But cooperation is missed entirely, while the other two moral qualities require more careful measurement.

Herein lies the failure of the Athletic Index-a partial failure to measure about ten per cent of the elements which go to make athletic ability. But herein lies also the opportunity of the coach as an educator. If he is doing anything worth while as a teacher apart from improving physical condition and skill in games, he is developing courage, cooperation and perseverance in his boys or men. The real challenge to coaches is not to defeat opponents, but to make athletes live up morally to their physical and mental capacities. The real test of a coach is to pit his team against another having the same Athletic Index-the same mental and physical capacities. The winning of such a contest is real and undisputed evidence of a coach's ability to improve the physique, skill and moral character of his students.

H.—A Measurement Program for Coaches

Coaches who desire to use the measures presented in this report will probably follow a program similar to that suggested below:

1. Secure I. Q.'s of all students. This may be accomplished by actually giving mental tests, or by adapting scores from regular high school or university mental tests (usually given to all Freshmen). Adaptations can be easily made with the help of a statistician.

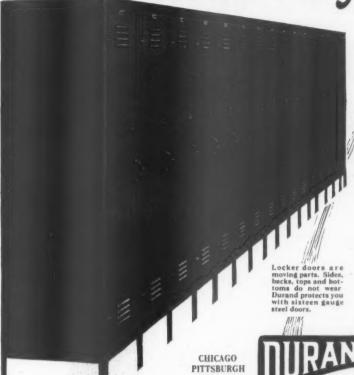
2. Give the strength test to all men during the first few days of school and compute S. I.'s and P. F. I.'s therefrom.

3. Calculate the Athletic Indices of all men and bend every effort to persuade those with the highest scores to "try out" for the teams.

- 4. Divide the squad into two or more sections based on the Athletic Index. Give each section careful training, and watch all players for evidences of ability beyond their rating. (This procedure will enable new men with unusual powers to attract attention much more quickly than if they were competing against a first team.)
- 5. On the basis of observations after two or three weeks of practice, redistribute men into new sections or squads.
- 6. Pay especial attention to those with high A. I.'s who appear to be failing. Perhaps they need moral development—an insight into their lack of courage or cooperation, for example.
- 7. At mid-season run all men through the strength test again and calculate their S. I.'s, P. F. I.'s and A. I.'s over again. Compare these with those achieved after the first test in the fall. This comparison will be of great significance. The man whose A. I. does not increase is already at top form. The neglected substitute whose A. I. has risen rapidly will be a safe man to count on in the final games of the season. The man whose A. I. has dropped is past his peak. Unless he is already a regular team member he should be discouraged from further activity, during the season at least.
- 8. Due regard should be paid to causes for drops in A. I.'s. Perhaps the individual has just passed through an illness or injury.
- Special attention should always be given those with the highest A. I.'s. The coach who wishes to be an educator as well as a trainer will regard as a moral responsibility the improvement in cooperation, courage and perseverance of all athletes. But every failure of a very high A. I. candidate to surpass those with smaller natural endowments in athletic prowess is evidence of real failure on the part of the coach-educator. (The failure may be inevitable, for some persons are naturally cowards, selfish, and quitters, just as others will never weigh more than 120 pounds or be able to memorize signals.)

The challenge of the Athletic Index to coaches cannot be denied. It is a double challenge: First, to find the best material, and second, to stimulate and lead every boy or man permitted to remain under their care to achieve the limit of his natural capacities. Victory here will overshadow any results of intersectional contests that the coach as educator can conceive.

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Relay Meets Have Become the Blue Ribbon Track Events

Results of the Illinois Relays

Held at Champaign, Illinois, Feb. 26, 1927

(Continued from page 10)

*New carnival record.

Michigan State College Relays

1 mile—Detroit City Coll. (Faunscher,
d. Michigan State Fresh...
1 mile—Kalamazoo Nor. (Fisher, Jones, Weaver, Chickering)
3 m.50.
3 m.50. -Detroit City Coll. (Paunschut, Lampman, Streng, Blanchard) 1 mile—Kalamazoo Nor. (Fisher, Jones, Weaver, Chickering) d. Ypsilanti Nor. 3m.50.9s mile—Mount Pleasant Nor. (Hartman, Lauer, Kimball, Whittle) d. Michigan State Varsity. 3m.56.1s miles—Univ. of Michigan (Beals, Schmeling, Thorts, Wagner) d. Michigan State Varsity. 8m.43.7s 2 miles—Ypsilanti Nor. (Scott, Sheppard, Boyd, Potter) d. Detroit City Coll. 8m.48.2s 2 miles—Michigan State Fresh (Williams, Baker, Rossman, Hackney) d. Mt. Pleasant Nor. 8m.58.9s (DCC)
440 yds, relay—1, Michigan State Coll. Varsity (Zimmerman, Van Noppen, Grim, Alderman); 2, M.S.C. Freshmen; no other en48.1s

Results of the Fourth Annual High School Relay Carnival

Held at Marquette University Stadium, May 8, 1926

Forest: 3, Wayland.

880 yds. (Private High Schools)—1, St. Rita; 2, Loyola; 3, Mooseheart.

1m.37s

880 yds. (Wisconsin Championship) Class B—1, Wisconsin High; 2, Cudahy; 3, West Bend.

1m.41s

880 yds. (Chicago Catholic High Schools)—1, St. Rita; 2, St. Ignatius; 3, De La Salle.

1m.37 2-5s

880 yds. (Marquette University Fraternity Relay)—1, Sigma Phi; 2, Alpha Chi; 3, Alpha Gamma Phi.

2, Alpha Chi; 3, Alpha Gamma Phi.

2, Alpha Chi; 3, Alpha Gamma Phi.

3, Milwaukee, East.

2, Milwaukee, South; 3, Milwaukee, East.

3, Wayland.

8m.50s

2 mile relay (Wisconsin Championship)—1, Kenosha; 2, Milwaukee, South; 3, Milwaukee, East.

2, St. Rita; 3, Loyola.

18m.54 3-5s

2 mile relay (Private High School Championship)—1, Mooseheart; 2, St. Rita; 3, Loyola.

18m.54 3-5s

1 mile relay (National Championship)—1, Peoria Central; 2, Deerfield Shields; 3, New Trier (Chicago).

1 mile relay (Wisconsin Championship)—1, Washington, Milwaukee; 2, Milwaukee, West; 3, Milwaukee, North.

3m.52 1-5s

1 mile relay (Wisconsin Championship)—1, Washington, Milwaukee; 2, Milwaukee, West; 3, Milwaukee, North.

3m.44 1-5s

1 mile relay (Private High Schools)—1, Loyola; 2, St. Johns Cathedral; 3, Marquette High.

3m.50s

4 mile relay (National Championship)—1, Milwaukee, West; 2, Milwaukee, South; 3, Milwaukee, East.

20m.23 2-5s

Medley Relay (Military Academies and Preparatory Schools)—1, Milwaukee, East.

20m.23 2-5s

Medley Relay (Military Academies and Preparatory Schools) (440, 220, 880, mile)—1, Wayland Academy; 2, St. Johns Military

Medley Relay (Military Academies and Preparatory Schools) (440, 220, 880, mile)—1, Wayland Academy; 2, St. Johns Military

Medley Relay (440, 220, 880, mile) (Private High Schools)—1, Moosehenrt; 2, DeLaSalle; 3, Loyola.

8m.51 3-10s

Medley Relay (440, 220, 880, mile) (Private High Schools)—1, Moosehenrt; 2, DeLaSalle; 3, Loyola.

8m.61 3-10s

Medley Relay (220, 440, 880, mile) (Wisconsin Championship) Class B-1, Wisconsin High, Madison; 2, Shorewood; 3, Cudahy 8m45 2-5s

SPECIAL EVENTS

(Continued on page 46)

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Results of the Fourth Annual High School Meet

(Continued from page 44)

Pole Vault (National Championship)—1, (tie), Hyde (West Milwaukee) and Singer (Washington of Milwaukee); 3, (tie), Mangen (Milwaukee East) and Nowak (Milwaukee South) 10ft.6in Pole Vault (Academy)—1, Rinehart (Lake Forest); 2, Franks (St. Johns); 3, Ray (St. Johns) — †10ft.9in Pole Vault (Private High Schools)—1, Francisco (Mooseheart); 2, Garvy (Loyola High); 3, Clark (Loyola High) — †11ft.3in Running Broad Jump (National Championship)—1, Fuser (West Allis High); 2, Minehan (Milwaukee East); 3, Crowley (Shorewood) — *20ft.81-4in Pontal Jump (Academy)—1, Taylor (St. Johns); 2, Franks

Lakewood High School Relays Conducted by Lakewood (Ohio) High School, May 1, 1926.

RELAY RACES.

RELAY RACES.

440 yds.—1, Lakewood; 2, St. Ignatius, Cleveland, and Shaw, E. Cleveland, tie "43 3-58

880 yds., Class A.—1, Shaw, East Cleveland; 2, St. Ignatius, Cleveland; 3, Glenville, Cleveland; 4, Lakewood. Im.28 2-58

2d Section—1, Academy H.S., Eric, Pa.; 2, Akron Central; 3, Mc-Kinley, Canton; 4, Cathedral Latin, Cleveland. Im.39 2-58

880 yds. Class B.—1, Berea; 2, Shaker Heights; 3, Chagrin Falls; 4, Rocky River. "1m.41 1-58

880 yds. Freshman—1, Akron South; 2, Fairmount, Cleveland; 3, Lehman, Canton; 4, Patrick Henry, Cleveland. 11m.43 2-58

880 yds., 8th Grade—1, Fairmount, Cleveland. 2, Patrick Henry, Cleveland; 3, Addison, Cleveland. 2, Patrick Henry, Cleveland; 3, Glenville, Cleveland. 3, Glenville, Cleveland. 3, Glenville, Cleveland. 3, Akron East; 4, Elyria 2d Section—1, Akron Central; 2, St. Ignatius, Cleveland; 3, Akron South. 3m.45 1-58

1 mile, Class B—1, Berea; 2, Chagrin Falls; 3, Shaker 2d Section—1, Akron Central; 2, St. Ignatius, Cleveland; 3, Akron South 3m.45 1-5s mile, Class B—1, Berea; 2, Chagrin Falls; 3, Shaker Heights 3m.46 3-5s 1-2 mile—1, Glenville, Cleveland; 2, Akron Central; 3, Akron North; 4, Akron West 6m.12 2-5s miles—1, Lakewood; 2, McKinley, Canton; 3, Akron North; 4, Elyria 8m.42 4-5s miles—1, Glenville, Cleveland; 2, Lakewood; 3, Academy H.S., Erie, Pa.; 4, Akron South 14m.30s miles—1, Glenville, Cleveland; 2, Academy H.E., Erie, Pa.; 3, John Adams H.S., Cleveland; 4, Lakewood 20m.14s WINNERS OF SPECIAL EVENTS

120 low hurdles—McCoy, Akron
South 14 3-5s
120 high hurdles—McCoy, Akron
South 16 2-5s
High jump—

Nelson, Acad. H.S......5ft.7in Persons, Painesville5ft.7in

WINNERS OF SPECIAL EVENTS Broad jump—Mason, Lake-wood 19ft.7 1-2in Pole vault—George U. School... 10ft.5in Shot put—Wiener, Glenville... *44ft.7 1-in *New record. †Equals record.

Emerson High School Third Annual Invitation Relays

Held at Gleason Field, Gary, Ind., April 24, 1926.

High, Chicago ... 1m.38.68
2d race—1, Senn, Chicago; 2, Hyde Park, Chicago; 3, Morton, Cicero, Ill. ... 1m.39.8
mile—New Trier, Kenilworth, Ill.; 2, Deerfield-Shields, Highland Park, Ill., 3, Emerson, Gary ... 3m.43.82
d race—1, Lindblom, Chicago; 2, La Grange, Ill.; 3, Kalamazoo, Mich. ... 3m.57.4s WINNERS OF SPECIAL EVENTS.

run — Ramsey, yds. run—Link, Emeryds. run—Clink, Emer2m.13.3s
i race—Goodwin, Glenard 2m.11.1s 120 hurdles—Rodgers, Senn

hurdles-Whitney, La Grange _____28.8s

40 yds. run-Dorothy Smith

GIRLS' SPECIAL EVENTS.
thy Smith 440 yds: relay—N. Zilk,
5.4s Smith, D. McWilliams,
les—Nellie Hopp, M. Born, N. Todd. Zilk, D.

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	1 Third Base	10	
	1 Outfield and Defensive Shifting	15	

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